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Although every precaution has been taken to verify the accuracy of the information contained herein, the author and publisher assume no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.
This book is dedicated to the health, well-being and longevity of all, as all is one.

To achieve this, we must all be vigilant to the health and wellness of those around us, and protect ourselves from dangerous and deadly viruses, disease and illness.

We are our own best doctors and the first guard of defence to protect ourselves. Why do I believe this? Because with education and support, many contagious and scary viruses can be prevented from bringing us harm and even be eliminated.

History has shown us the scourge of common illnesses and diseases and the potential loss these have on humanity, from bubonic plague, influenza, to Ebola, SARS and MERS, there’s risk all around us at every corner, and the next big virus could be ever present and even more dangerous and deadly. Actually, it’s already here.

Remember, the top priority for the government is to keep citizens calm in times of pandemic crisis, and the role of health care workers is to treat these viruses when they already strike and begin spreading in populations. But in the case of a pandemic, the system becomes completely overwhelmed and we cannot rely solely on these institutions to keep us safe – we need to be ready to act.

Ask yourselves – what good is it if you get to the hospital only to find out that you’ve already contracted a serious virus that cannot be cured?

That’s why we are committed to going above and beyond and ensuring that you have access to the information and tools you need to help you prevent contraction of serious viruses and illness and deal with the potential needs for quarantine, treatment and the like so you have the power in your hands to help yourself and your family!

Knowing what to do, and how to prepare for a serious viral outbreak is the key to being ready to handle the potential risky outcomes. And we’re here to help.

As such, some of the royalties from the sale of this book are being used to help fund the mission of educating people about virus prevention and protection.
Pandemic Survival is designed to give you the information you need to not only prevent contraction of this serious virus, but to take charge of your health.

Once you’ve gotten this vital information that could save your life, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is a way to prevent and protect yourself and those you love so much.

Clayton Mathews
There’s always a legal disclaimer when we discuss health and wellness, isn’t there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Ok, so now let’s dive in and start learning!
Chapter 1: Are You Ready?

Introduction

Welcome to the Pandemic Survival Guide. You’ve made a very smart choice in choosing this program, and you’re one step closer to ensure the health and safety of yourself and those you love at this time, when a global outbreak of pandemic has been confirmed across many countries and cities around the world.

If you’re like me, you might be feeling a combination of fear and worry right now. You’ve never felt quite prepared with how to deal with a serious virus spreading, one that could affect your life, that of our spouse, children, grandchildren or friends. But the pandemic could come at any time and what are you going to do? It’s a terrible feeling not knowing what to do and feeling ill prepared, isn’t it?

If you’re tired of constantly relying on news reports and random online articles that give you the same pointers over and over without a comprehensive plan for how to actually respond to the threat of a serious virus, this book is for you. The information you’re about to learn will not only transform your approach to preparation and prevention, it will give you piece of mind to know that you are doing everything you can to avoid this serious virus.

The Truth Behind What’s Coming

You’re probably wondering how I can be so confident that the next pandemic will be so severe and so serious? After all, you’re only getting some news trickling in that the disease is spreading and from the sounds of it, it’s slow...or at least it was at first. But the truth of the matter is, your government knows that it’s at the cusp of a massive outbreak, it’s spreading exponentially. That was the case in China, and, in fact, it’s
happening right here at home too, but some of that information is just being suppressed. In fact, what you see reported in the news right now is still only a fraction of the true cases of infection that are rattling the country.

How can I be so confident? It’s because I work on the ground as an intelligence specialist and I have information that it’s being shared with you yet. Actually, I can almost predict the future of what you can expect to happen very, very soon. Believe it or not, sharing this information could very well cost me my job or worse, but it’s a risk that I’m taking only for one reason.

I cannot keep the public in the dark anymore, I can’t suffer in silence. You need to know what’s coming.

Here are the facts and the way this will all play out:

The National Guard’s role in an event of an outbreak or serious virus is to stabilize the nation when things like this happen. In reality, what this means is that we act to keep people in place – sealed up in their homes, in the event of a mass quarantine. This means for you, and those you love, you’ll be restricted from the outside world for weeks or months.

And do you know what happens to your second amendment rights in this event? Well, they’ll take your guns way – they are confiscated on the very first day, not unlike what happened during Hurricane Katrina. And what next? Mandatory vaccinations of experimental drugs that never had enough time to get tested will be administered at the cost of hundreds of millions of dollars. That scary for a lot of reasons, but mainly there’s little to no known information about short and long terms effects of new vaccines like this or even whether they will effectively prevent the next pandemic.

And next, U.S. Martial Law of 2020 rears its ugly head. It’s a “state of emergency” so the Bill of Rights is put on hold until the disaster is over. In fact, this is what your
government has wanted all along, a way to grab power away from you and your rights so you have a new control over you. Forget about trying to break curfews or escape the quarantine zone to get essentials or food for you or your family – you’ll be shot. And if you think this is just some fantasy, or imagination, it’s not! This scenario has already been playing out in Wuhan China, and it’s cut right from the pages of our very own National Guardsman handbooks.

Look, I know this truth is scary, it scares me too. But my goal with all this is not to scare you. It is to wake you up to the truth and empower you with information and tools so that you can beat the threat of the next pandemic. I need to make clear that I have this vital information and I want to share it. You will note that not a single National Guardsman has contracted a virus – none contracted SARS, MERS, swine flu or anything else! That’s because we have insider knowledge to ensure we are virus proof...

This is a straightforward, no-nonsense book that is your practical hands-on guide to help you know exactly what you should and should not do to protect yourself from this harmful outbreak and ensure the health and safety of your family and friends.

**Why This All Matters Now**

If you are wondering why this information is so important, it’s because it’s going to affect you now. And the tools I give you may very well save your life. The World Health Organization declared on December 31st, 2019 of a handful of cases of pneumonia in Wuhan City, Hubei Province of China. The scary thing is that this new virus did not have the same attributes as any other virus we know to date. This raised a lot of red flags for health professionals and WHO because when a virus is new, we do not know how it affects people. Just seven days later, on January 7th, the authorities in China confirmed that they were, in fact, dealing with a new virus called Coronavirus or 2019-nCov; it is technically from exactly the same family as the viruses that caused Sudden Acute Respiratory Syndrome (SARS) and Middle Eastern Respiratory Syndrome (MERS). Since this very recent outbreak, the WHO has been working closely with the government and
authorities in China to stay informed about the virus and how it’s affected individuals who are found to carry it but what we know now is that’s it’s quickly spread outside of China.  

At this point in time, there’s no indication that this virus is slowing down and it’s in fact only growing in scale. On December 31st, 2019 the WHO stated in their Situation Reports that there were 44 detected and confirmed cases of Coronavirus, primarily in Wuhan City, Hubein Province of China.  

On **January 27th, 2020** the situation looked like this:

<table>
<thead>
<tr>
<th>SITUATION IN NUMBERS</th>
<th>Outside of China</th>
<th>WHO Risk Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Globally</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2731</td>
<td>Confirmed cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5794</td>
<td>Suspected cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>461</td>
<td>Severe cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>Deaths</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Confirmed cases</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Countries</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>China</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>REGIONAL LEVEL</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>GLOBAL LEVEL</strong></td>
</tr>
</tbody>
</table>

**WHO Risk Assessment**

- **China**: VERY HIGH
- **Regional Level**: HIGH
- **Global Level**: HIGH
On February 2nd, 2020 the situation jumped drastically:

This massive spread occurred in only a single week, over 430% growth in just 7 days.

But what’s really scary is that things have not slowed down, in fact there’s evidence of widespread infection that’s no longer mainly in China, it’s global:

On April 8th, 2020 the situation report paints a terrifying picture, showing that the threat is global and touching every single region:

<table>
<thead>
<tr>
<th>Region</th>
<th>Confirmed Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Globally</strong></td>
<td>1,353,361</td>
<td>79,235</td>
</tr>
<tr>
<td>European Region</td>
<td>720,219</td>
<td>57,639</td>
</tr>
<tr>
<td>Region of the Americas</td>
<td>417,416</td>
<td>12,597</td>
</tr>
<tr>
<td>Wester Pacific Region</td>
<td>114,667</td>
<td>3,922</td>
</tr>
<tr>
<td>Easter Mediterranean Region</td>
<td>81,993</td>
<td>4,314</td>
</tr>
</tbody>
</table>
It’s astonishing! And in truth, the WHO and most major governments are still struggling to understand more about this virus. Current estimates of the incubation period of the virus range from 2-10 days, and these estimates will develop once they get more information, but in order to do that more people need to catch this virus!

Understanding the time when infected patients may transmit the virus to others is critical for control efforts, but at this point they still don’t really know much about how it’s transmitted, and this makes it really difficult for us to know how to protect ourselves. Detailed epidemiological information from more people infected is needed to determine the infectious period of 2019-nCoV, in particular whether transmission can occur from asymptomatic individuals or during the incubation period. This is really scary! This basically means that many more people will for certain become infected and infect others while they don’t even show any known symptoms.

**Best-Case and Worst-Case**

So, at this point it’s clear: Coronavirus is here, and not only that it’s spreading FAST. But what does that really mean for us? There are some pandemics that have been successfully controlled and others that have just simply wreaked havoc on millions of people, causing serious health conditions, suffering and death.

When we’re talking about this outbreak, our best-case scenario is really something comparable to what occurred with the Sever Acute Respiratory Syndrome (SARS) outbreak in February of 2003. The outbreak lasted approximately six months as the disease spread to more than two dozen countries in North America, South America,
Europe, and Asia before it was stopped in July 2003. This was considered an isolated pandemic, even considering the global impact is had. At the time, the Center for Disease Control in the US extended travel advisories and quarantines of Mainland China and Singapore on people and goods, and in the US, this was isolated to only 115 cases in 29 states. On a global scale, it infected more than 8000 people and killed nearly 800. In comparison, within just weeks of patient-zero being declared, this virus has already killed over 300 people, so it’s already on track to be a severe outbreak if uncontrolled.iv

Worst case scenarios are far more terrifying when you consider what’s already happened to date with infection rates and death tolls. If you look back at even early in this past century, the Flu Pandemic in 1918 claimed a death toll of 20-50 MILLION people. In just a short span of two years, this deadly strain of influenza ripped across the planet, infecting over a third of the world’s population, with a mortality rate of 10-20% and millions of deaths in just the first 6 months. Similar to Coronavirus, this harmful virus did not just target the young and the elderly – it actually also struck incredibly healthy young adults too.v

Considering the scenarios and how this dangerous virus might progress is unknown at this time, but we know just based on the data from the last few months that it’s spreading exponentially and there’s no sign of slowing down in some regions! Since it’s not clear at this time how the virus is transmitted while people are asymptomatic, the risks of spreading and infection are high globally.

**How To Use This Book**

My intention with writing this book was not to scare you, but rather to prepare you for the inevitable and give you vital information that could save your life and that of your loved ones:

In chapter 2: You’ll learn more about global pandemics, the risks of spreading viruses and the danger of pandemics that is not yet fully clear to most people.
In chapter 3: You’ll learn more about the current situation with respect to this deadly virus, and tell you what your government, leaders, the news don’t want you to know!

In chapter 4: You’ll learn necessary information that will be critical for you to survive a major pandemic to help quarantine yourself and your family to limit exposure and even tell you about how you can decontaminate yourself and objects in your own home.

In chapter 5: You’ll learn about the crucial need to boost your immunity with both diet and supplements to ensure you don’t get sick and stay that way!

In chapter 6: You’ll gain critical information in case you or your loves ones are in need of vital care or do become infected.

In chapter 7: You’ll learn all about how to stock up and prepare yourself with the emergency supplies you’ll need to survive a pandemic.

In chapter 8: You’ll learn how to deal with social collapse if everything goes haywire.

Treat this book like a valuable tool, because to be honest, that’s exactly what it is! It’s your best tool to survive and thrive during trying times, and to keep yourself and your family safe, secure and virus-free during this new pandemic.

Pandemic Survival is designed to give you the information you need to not only prevent contraction of this serious virus, but to take charge of your health.

Once you’ve gotten this vital information that could save your life, I ask you to join my mission by sharing this information with friends and family, so they know there is a way to protect themselves and those they love. You might very well be saving their life in doing so.
The advent of the next pandemic will present a new threat to you and everyone you know.

Join my mission to save lives and spread the word. Let’s get started!
History of Major Pandemics

Over the course of history humans have encountered at least several major pandemics that have had catastrophic results and impacted lives across the planet. These pandemic outbreaks of deadly diseases spread like wildfire and claimed lives of millions of people before a viable cure or vaccine was discovered. There were a number of bubonic plagues in history, some of which have killed well over 200 million people and there have been constant, recurring instances of severe influenza viruses that have mutated time and again and killed countless people. The current Covid-19 is just like one of these dangerous diseases, a respiratory disease in the same family and that can cause the same devasting results, and it’s spreading and travelling beyond Wuhan, China at an alarming rate. Let’s take a quick look back at some of the more deadly pandemics that have affected humanity and the impact they had.

Plague of Justinian - Bubonic Plague (541-542)

The Plague of Justinian was one of the first pandemics ever recorded in history with a death toll of 25 million people within the span of a year. That's an average death rate of 5,000 people per day. Mainly affecting the Byzantine Empire and Mediterranean areas, this bubonic plague killed around 50% of the European population. That was 10% of the world’s population at the time. Luckily, because of the limited transportation and migrancy of peoples during this early time, it didn’t have a chance to spread much farther past the European region, but the havoc it caused was severe and the death toll was quite great. 
People who were exposed to the virus experienced side effects like:

- Fever
- Headache
- Chills
- Swollen or tender lymph nodes
- Abdominal pain
- Gangrene

  *Symptoms may include a change in skin color to red or black, numbness, swelling, pain, skin breakdown, and coolness!*

Those were only the most common side effects, but if things were to escalate even further you would also experience:

- Delusions
- Nightmares
- Comas

**The Black Death (1346-1353)**

This is probably the most famous and most mentioned of all bubonic plagues, The Black Death is recognized for its outrageous 75-200 million death toll number. The Black Death reached across three different continents during its six years of relevancy, Europe, Asia, and Africa. The virus was so strong that it could kill a perfectly healthy person in a single night’s sleep. People’s first encounter of the disease was from the port of Messina of Sicily, where they discovered multiple dead sailors, and those still alive were seen with black boils oozing blood, and pus.\textsuperscript{vii}
Those weren’t the only side effects! Other awful symptoms of this deadly virus included:

- Fever
- Chills
- Vomiting
- Diarrhea
- Aches and pains
- Headache
- Seizures
- Weakness
- Trouble Breathing
- Chest Pain
- Cough

**Flu Pandemic (1918)**

Otherwise known as the Spanish Flu or H1N1 virus, this was one of the deadliest influenza outbreaks in human history. This influenza affected 500 million, which at the time, was one-third of the world’s population. The Spanish Flu killed 20-50 million people. In its first 25 weeks there were 25 million deaths. The influenza originated from Spain (hence the name Spanish Flu) and found its way into the United States of America after the first world war. It also spread across to Asia, and most of Europe. Similar to The Black Death, victims would die within hours or days of coming into contact with the virus.

Some of the terrible symptoms experienced by those infected by the Spanish Flu/H1N1 virus include:

- Fever
- Nausea
- Aches
• Diarrhea
• Difficulty breathing or shortness of breath
• Chest pain or abdominal pain
• Sudden dizziness
• Confusion
• Swelling in the mouth or throat

**Historical Pandemics v. Current Threats**

It’s been said, since the recent coronavirus outbreak, that many health experts are comparing this form of coronavirus to Severe Acute Respiratory Syndrome (SARS). For those who don’t remember, SARS was a form of the coronavirus family (yes, the same virus family) discovered in 2002 in southern China. It claimed the lives of 774 people in 2003, out of a reported 8,093 cases, across the 26 countries SARS reached.\(^\text{xii}\) Based on recent discoveries, in the very short time since the first noted case of Coronavirus on December 31\(^{\text{st}}\), 2019 in Wuhan, it’s clear that the current coronavirus is much more infectious than its predecessor. In early February 2\(^{\text{nd}}\) of 2020, there were already over 14,000 cases in just 4 short weeks since it’s start – so it is definitely exponentially more lethal, but it’s still just the beginning!

Right now, experts are warning that this new strain is highly infections, and it’s deadly:

“Up to 65 million people could die from this major virus outbreak.” \(^\text{xiii}\)

Those figures should terrify you; I know they scare the hell out of me. When the Black Death occurred the population of the earth was 475 million. By the end of that virus, after it ripped through Europe, the population was close to 325 million, based on the census. When we look at the population now, we’re at a whopping 8 billion people.\(^\text{xiv}\) And to think, the population in China alone is a billion. So, the impact here is huge, not
only because our populations have grown and density in most major cities has increased so drastically, and because the virus spreads SO easily. More than just that, with the advent of modernity also came lot of new vaccines and antibiotics which people started to take into their systems; and while these things were designed to help us fight of disease and virus, what’s actually happened is that it’s allowed for mutations of these viruses and superbugs to develop because of the changes in the populations. In addition to this, you have to also consider how much has changed in how we move ourselves from place to place. We used to be relatively stagnant, not moving around or migrating between places that often especially during the time of the Black Death, but now? Today, we move fluidly. You could start your day in China, take a connecting flight to New York and then to London in just one day...and considering that human to human contact spreads this virus, just imagine the alarming rate this could touch just about any city on the planet.

**Modern Transportation Is a Virus Spreading Machine**

Today’s biggest threat is our modern transportation systems that can result in diseases spreading at incredibly high rates. Unlike the Black Death, which was spread from infected fleas on ships, humans come into contact with each other on a rapid basis everyday. Whether it be bus, subway, train, or even plane, humans are normally placed in confined spaces, allowing for viruses and infection to spread. Many travellers have been confronted by health officials while boarding flight from Wuhan, China to their respected countries. If any case of the coronavirus is discovered, they are placed into quarantine until instructed upon further notice of their condition. But do you think that they are catching everyone? Remember, most people are infection and completely asymptomatic! I’ll tell you way more about how you can protect yourself in chapter 4.
Lack of Preparation Can Result in Death

Viruses spreading at such an alarming rate and killing so many people is due to several reasons. Most common is that the virus interacts with so many people, and early on, when they are new, scientists don’t know much about them yet are scrambling to figure out how they affect people and how long incubation periods are, how the virus transmits from animal to person, or from person to person. While all this is happening, the public doesn’t get information they need to protect themselves, and exposure risks only rise because we are not prepared!

Here’s the truth: most people will become infected by people who did not know they were already carrying any virus or the next pandemic. Why? Because they were asymptomatic and still infectious and they touched a door handle, or atm machine, or counter at your local coffee shop and that exposed all the other people that came into contact with those things to this scary virus. This could strike you or a loved one and cause infection, God forbid even death. So, what should you do? Even limited prevention measures could literally help. In the later chapters of this book, you’ll learn necessary preparations so you can avoid this fate. But first, you need to know more about what’s actually happening on the ground now. Read on.
Chapter 3: Threat Level Red

Current Situation

So now that you have some idea of how dangerous and deadly pandemics have been in history, I’d like to paint you a better picture, and better inform you about the current status of the Coronavirus outbreak. As I noted earlier, the outbreak was confirmed by the World Health Organization on December 31st, 2019 when a number of people with cases of pneumonia in Wuhan City, Hubei Province of China. But you now know that that exploded to well over ten thousand cases across the globe within only a few short weeks, and over a million by early April 2020. This means that it’s just the beginning of very bad things to come.

Staggering Rate of Infection

The WHO has reporting in their Novel Coronavirus (2019-nCoV) Situation Report that the cases of Coronavirus outside of China have grown exponentially:

Figure 1. Epidemic curve of confirmed COVID-19, by date of report and WHO region through 8 April 2020
In the same report, the WHO confirmed 1,352,649 total cases with a foothold in hundreds of countries around the planet. Looking at a snapshot of confirmed cases by regions most hard hit.xvi

<table>
<thead>
<tr>
<th>Reporting Country/Territory/Area</th>
<th>Total confirmed cases</th>
<th>Total confirmed new cases</th>
<th>Total deaths</th>
<th>Total new deaths</th>
<th>Transmission classification</th>
<th>Days since last reported case</th>
</tr>
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<tbody>
<tr>
<td><strong>Western Pacific Region</strong></td>
<td></td>
<td></td>
<td></td>
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<td>France</td>
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<td>3738</td>
<td>10313</td>
<td>1417</td>
<td>Local transmission</td>
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</tr>
<tr>
<td>The United Kingdom</td>
<td>55246</td>
<td>3634</td>
<td>6159</td>
<td>786</td>
<td>Local transmission</td>
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<td>Turkey</td>
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<td>3892</td>
<td>725</td>
<td>76</td>
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<td>0</td>
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<tr>
<td>Belgium</td>
<td>22194</td>
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<tr>
<td>Switzerland</td>
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<td>590</td>
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<td>0</td>
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<tr>
<td>Netherlands</td>
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<tr>
<td>Portugal</td>
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<td>712</td>
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<td>34</td>
<td>Local transmission</td>
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<td>Israel</td>
<td>9404</td>
<td>793</td>
<td>71</td>
<td>19</td>
<td>Local transmission</td>
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</tr>
<tr>
<td>Sweden</td>
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<td>487</td>
<td>591</td>
<td>114</td>
<td>Local transmission</td>
<td>0</td>
</tr>
<tr>
<td>Russian Federation</td>
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<td>1154</td>
<td>58</td>
<td>11</td>
<td>Local transmission</td>
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<tr>
<td>Norway</td>
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<td>10</td>
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<td>5709</td>
<td>345</td>
<td>210</td>
<td>36</td>
<td>Local transmission</td>
<td>0</td>
</tr>
</tbody>
</table>
This is evidence that the virus has not only moved far beyond just Asia Pacific, at this point it is spreading at an alarming rate, in fact:

**The United States has the greatest number of cases and deaths than any other country at time of this report:**

363,321 cases and 29,510 deaths...

But this is just the beginning! Since the incubation period is not fully known but could be anywhere between two to three weeks, there could be thousands of infected carriers walking around the streets completely unaware that they have come into contact with this virus and showing no symptoms...yet they are HIGHLY contagious, and a danger to all around them.

**Background and Symptoms**

Coronavirus is one virus in a large family of viruses that cause not only the common cold but also more severe respiratory illnesses. This strain of Coronavirus, as noted before,
has been identified as 2019-nCoV, with the first case noted on December 31st, 2019. The really terrifying thing about this virus is that at this point we do know this for sure:

**The spread of Coronavirus occurs though human to human contact and transmission is incredibly easy. The virus is spread through coughing, sneezing, or touching an infected person. xvii**

In other words, this harmful virus spreads as easily and fluidly as the common cold and beyond that, there’s a lot that’s still unknown about it since it’s so new and health organizations are still grappling with the potential threat.

**Symptoms**

- Fever
- Difficulty breathing
- Impaired liver and kidney function
- Kidney failure
- Severe cough
- Pneumonia

It’s important to differentiate Coronavirus symptoms from that of the flu or even the common cold, so you know when you need critical care:

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>Coronavirus</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Common</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Cough</td>
<td>Common, Usually Dry</td>
<td>Mild</td>
<td>Common, Usually Dry</td>
</tr>
<tr>
<td>Sneezing</td>
<td>No</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Aches &amp; Pains</td>
<td>Sometimes</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Runny or Stuffy Nose</td>
<td>Rare</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Sometimes</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Rare</td>
<td>No</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Headaches</td>
<td>Sometimes</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Common</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>
The easiest way to self-test is to do the following:

- Step 1: Do you have a fever?
- Step 2: Do you have a cough or shortness of breath?
- Step 3: Do you have trouble holding your breath longer than 15 seconds?

While it’s very difficult to confirm that someone has the virus before being tested, many people report a **loss of smell and taste** before symptom onset along with having a fever, cough and trouble holding breath – an indicator of compromised respiratory function. Don’t worry, you’ll learn exactly how to handle this kind of situation – if you or someone you love becomes critically ill, later on in Chapter 4. But for now, let’s dive in and understand more about the current state of the virus as far as death rates go.

### Misleading and Underreported Death Rates

While it’s still early in the outbreak of Coronavirus, it’s clear that there’s constant misinformation about death tolls and even infection rates being reported. Part of the problem is that the onset of the virus began in China, and as such the authorities can and have actively underreported the threat, infection rates and even the death toll in order to save face in the eyes of the global community.

At the same time, the CDC has done it’s best to report rates that it has confirmed, but this information is only as good as the health authorities that provide it, so it’s possible for the Chinese government to cover up the true figures – and the case is the same abroad and in the US. Every day I open up a paper or read a report with a new figure on death tolls, sometimes even in the same day.

For example, on January 27th the CDC reported the Coronavirus death toll at 80, with 2798 confirmed cases globally (and 5794 suspected cases!)\(^\text{xviii}\)

On the same day, Aljazeera reported death toll at: 106 with 4,515 people in China actively infected.\(^\text{xix}\)
Is it possible there is misinformation and higher rates in actuality that what is being reported? Absolutely. And we know that even in just a few short months the numbers have exploded globally, but that’s still probably only a fraction of actual cases as testing hasn’t been ramped up nearly as fast as it should have.

What we know for sure, is that the spread rate of this virus has increased exponentially and there are reported cases now all across the planet and this number will surely only grow over time.

**Virus Coverup**

I have bad news for you. It’s possible and actually even likely that there is some kind of cover up happening with respect to the spread and death toll of this harmful virus. Even just that example I noted above showcases the gap between what the CDC is getting from Chinese officials in way of infection rate and death rates, and what independent news media outlets are reporting (those that have people on the ground actually talking to people and doctors).

Here’s what we know for sure: In China, there is under reporting happening to save face in the global community. Cases that should be reported as instances of viral infection are going unreported altogether or are being reported simply as cases of pneumonia. This is dangerous for so many reasons, but mainly these individuals may not be quarantined properly and therefore carry the risk of infecting more people both in China and abroad.

Secondly, and perhaps even scarier, is another reason that China could in fact be trying to cover up the cases of this deadly virus. What if it’s not a random virus at all...

*What if this virus is actually a bioweapon?*
What if this was a bioweapon that was in production and was *accidently* released from Wuhan, China. There is evidence that a high-security lab on ground zero in Wuhan could hold the key to all this.

“A 2017 article warned of the unpredictability of lab animals that scientists at the Wuhan lab intended to inject with viruses”.

At that time, US biosafety experts were warning that a virus could escape from a facility in Wuhan where they were studying SARS and Ebola. It’s completely possible that a virus is just one mutation of the disease that was carried in bats or other lab animals at the facility that was either accidentally or even purposely, released to wreak havoc.xx

So, let me be clear: this virus, the sudden “appearance” of it, is perhaps no surprise. Certainly not to those US biosafety experts that warned of this threat years ago, and not even to most health professionals because we’re constantly under threat of a new viruses since our response time to assess and address them is both slow and ineffective. I’ll tell you more about this in the next section.

**Underprepared and Overwhelmed**

Here’s the truth: your government and even the Centers for Disease Control want you to think that everything is ok. They want you to believe that things are, in fact, under control. But this couldn’t be further from the truth. The SARS outbreak hit in early 2003, and you’d think that China, and even the global community would have learned a lot about that in order to prepare effectively, but that’s just not the case.

**Hospitals Understaffed and Under Pressure**

At present, the only course of action for those who get infected and are confirmed is to go to their local hospital. The health care system and hospitals are gravely understaffed, and ill-prepared for such a virus outbreak and don’t have the adequate means to handle decontamination and quarantine effectively. More than this, they don’t know enough of
this virus or the course of the infection to do anything about it. In other words: they have no plan! They’ll take you in and try to care for the infected best they can, but the reality is that there is no known cure, and there is little that they can do for patients that have a health situation that worsens while under their care. That’s the scary thing about this virus, it’s killing people and we still don’t even know what to do about it!

This situation is perhaps best highlight in China now, ground zero for this outbreak: they are actively overwhelmed with patients coming in that might be infected. They are quickly running out of medical supplies. There are not enough doctors to handle all the incoming patients. Loved ones of those infected are literally getting sick just because they are in waiting rooms. The virus is spreading, and it’s doing it quickly.

**Slow to Respond and React**

Now that you can see the medical response and general preparedness has been less than fantastic, it’s worth considering what else has really been done to help contain the spread of the infection. What other actions have really taken place to help slow down the start of what could be another epidemic?

The CDC has offered continuous updates on the growing situation in the China region since it began. But since then, there really has been little more done than simply reporting on the growing numbers and instances of cases that have expanded now beyond China and into US and elsewhere. What’s strange is that there is some information available to the public on the CDC website, but if you really look into things, they have not actively done anything to curb the spread of this disease, even though it’s clear they had the foresight and ability to intervene.

Instead the CDC website provides reports on the following:

**Technical Guidance**

This include a 11 reports of lab testing, surveillance on cases of infection, notes on home
care patients with suspected infection and a ton of complicated medical jargon that’s hard to read or even consider putting into practical use. So great, we have a lot of information here that’s not actionable.\textsuperscript{xxi}

**Travel Advisory**

A total of three measly updates with respect to advising or restricting travel to the Wuhan region of China.\textsuperscript{xxii}

**January 10\textsuperscript{th}, 2020:**

International travelers asked to use practice usual precautions: Avoid contact with people suffering from respiratory infections, wash hands frequently, avoid contact with live or dead animals.

International traffic: \textbf{no restrictions recommended}

All this at the same time while the infection rates in China were rising, and at the cusp of a major travel holiday for Chinese New Year.

**January 24\textsuperscript{th}, 2020**

Outbreak is confirmed and continues growing, yet they are still only asking for International travelers: practice usual precautions noted above (travel is \textit{NOT prohibited in or out of Wuhan}).

International traffic: some restrictions recommended, mainly by way of introduction of exit screening in countries with ongoing transmission of infection (China); and advice given to countries/ areas without transmission to screen incoming flyers.

1. Screenings including exit screening/evaluation, checking for signs of fever (temperature above 38 Celsius or having a cough).
2. Travelers who had contact with confirmed cases or direct exposure to potential source of infection should be placed under medical observation. High-risk contacts should avoid travel for the duration of the incubation period (which could be anywhere from two to three weeks, maybe even longer).

This screening is a farce! It’s clear at this point that the incubation period is unknown in some patients, and even if they present NO symptoms, they could still carry the virus and infect others in their points of destination. Moreover, there is potential for contact with unconfirmed cases in the same period which could also cause infection, so this doesn’t do anything to protect people when these passengers arrive at their final points of travel.

**January 27th, 2020**

Death toll has risen, infect rates are skyrocketing just days after the last update and yet still the recommendations remain the same as that reported on January 24th, 2020. There is no prohibition of flights in or out of Wuhan region, and new cases are popping up daily around the globe.

It seems odd that while it was clearly apparent that there was high risk of infection from the region, the CDC did no more than post updates on their website about the status – neither they, or the government of the United States, or anyone else, intervened to ground flights going out of the Wuhan region. So, on one hand, they are telling us it’s an outbreak, but on the other they are doing nothing to actually stop it.

Flights were not blocked, or restricted, even when it was clear what was coming. Why not? Also, The CDC has published in its own reports the challenge of the unknown incubation periods of the virus and transmission rates increasing drastically, yet its own travel advisory asked only that there was increased screening at outgoing airports, a measure that clearly could not and would not handle the potential threat of spreading the virus since they already declared they could not determine how long patients could
be asymptomatic and infect others!

If nothing else, this makes it perfectly clear that your interests and the health and safety of you and those you love has been compromised. It’s not clear how many people are walking about now, in any major US city, carrying and spreading this virus. But we will know soon. And when that time comes, you need to be ready. You need to be prepared to handle the next major pandemic, because it’s already started. It’s at your doorstep. Let’s dive into how you’ll protect yourself in the next chapter.
Ok, so now you know the threat. Not only that, you now know that it’s knocking at your door, begging to get in and infect you and those you love. The virus is all around, and since flights weren’t immediately grounded from Wuhan, China, and we now know for certain that asymptomatic people carrying the infection have been travelling, the virus could be anywhere. It’s just a matter of days or weeks before it’s in your city, in your town.

As you already know the biggest challenge with this outbreak is curbing the spread of it, because people with light symptoms are in contact with people who don’t have it yet. So, it becomes a vicious cycle and it won’t end until the flow of people passing it to one another is somehow broken. But of course, the people who don’t have it, often get it because the infected ones don’t always know that they are infected!

They keep on going about their daily life, visiting friends, allowing people to visit them – and this is one of the key reasons why the threat keeps on marching forward and new cases keep on popping up on the list of those countries who have it. And so here is the truth: you will end up contracting it if you don’t isolate yourself from groups of people as the pandemic begins to spread. The more densely populated an area is, the faster the pandemic will spread.

So, you need to protect yourself and those you love. You need vital information on how to deal with this threat when it arrives, and below I’ll detail the exact protocol the National Guard takes in just such a situation.
**Self-Quarantine**

Don’t wait to become a victim. Don’t wait for your family to be struck with this infection. Prepare your home and plan the safety of yourself and your loves ones by implementing a self-quarantine on your very own home.

The first step in quarantining your home, making it a safe zone, it to stock up on some essentials from your local hardware store:

- Duct tape
- Plastic sheeting
- Garbage bags
- 4-6 HEPA filters for central air or circulated air units
- Airtight seals for windows and door

You want to create a completely sealed environment for your home, to keep it germ and virus free.

**Step 1:** You’ll use the airtight seals to seal off all the open areas around windows and doors. Seal off chimneys or any other vents that have exterior exposure where vermin or other animals might have access as they can be carriers of the virus!

**Step 2:** Cut the plastic sheeting, or garbage bags, to fit your doors and windows, and use duct tape over this too to seal in the edges (effectively creating a double seal from the outside world between step 1 and then step 2).

**Step 3:** Replace your HEPA filters regularly for circulation of clean air and to ensure that there’s no debris that could cause an issue for air filtration and replace these filters every few weeks to month (much more regularly than the normal intervals, but remember you’re trying to keep a deadly virus out!)
In doing this, you’ve created a safe zone in your home for yourself and your family. If you know FOR CERTAIN that neither you, nor your family members have been exposed to infection, it’s advisable to stay inside your quarantine zone for at least three weeks, but really it may be longer.

*Don’t worry, you’ll learn how to prepare you home and essential supplies for this period later in this book!

**Internal Quarantine**

In your home, prepare an additional room that is sealed off from all others (the basement, one bedroom with access to washroom). You’ll want to prepare this as a precaution in case any one of your family members starts to feel ill during the first few weeks of the quarantine period so you can separate them from the rest of the household. It’s just a precaution to make sure you have this separate quarantine; the reality is you are not likely to use it at all, but it’s a good secondary measure in case anyone began to show any symptoms.

Ok, but here’s the tricky part, now you need to keep it safe and virus free. You even have a separate zone in case any of your immediate family showed any signs of sickness.

But say you’re at home in your perfectly sealed off dwelling and your out of town family or your friends show up – even if you only suspect they may have had a small chance of coming into contact with the virus – you can’t take any chances.

Just because they’re not already looking or acting sick with it doesn’t mean they’re clear. You can’t let them have access to your home. That means that you have to quarantine them too. But, of course, you cannot have them enter your house – so this needs to be done in a separate zone. I would suggest you DO NOT allow outside guests for the duration of the quarantine, or when you are under self-quarantine.

But if you must have visitors during this time, it’s critical that you employ the external quarantine procedure I will detail in the next section.
External Quarantine

While this might be a difficult move on your part, you have to do what you have to do to not only keep yourself and your family safe, but to keep the virus from continuing to spread.

But since you don’t want (and it’s not safe for) the quarantine area to be inside your home, the best way to quarantine someone is by letting them stay isolated in a tent outdoors. The type of tent that you’ll want to have on hand depends on whether or not it’s in the winter or summer. The thinner material tents are fine for the summer, but you’ll want to make sure that you get one that’s completely enclosed.

Whatever kind of tent that you get, this quarantine tent needs to be away from your home, but close enough so that if they need help, you’ll know about it. Some people set up this quarantine tent in a backyard. That way, you can be within walkie-talkie range. Since it can take up to three weeks of incubation period to start showing symptoms, the person should be kept separate from you and others for that length of time and not allowed to enter your home.

Isolation means isolation. You shouldn’t visit the person or allow others to come and go in visitation with the person, either. It will be difficult for both you and the person being isolated – especially when you love them – but it’s best for all involved.

Once at least 21 days have pasted and there are still no signs or symptoms, the person should be in the clear and you will be able to have them move from the external quarantine zone into your internal quarantine inside your home.

What to Do If you Have to Go Outside

If you have no choice and must leave your self-quarantine zone, you need to take serious precautions in the case of a pandemic. You should leave only for essentials, like for food or for an emergency situation to help loved ones. In general, you should avoid
having multiple people leave the quarantine, rather, one person should be designated to do the shopping (don’t go as a family, it only increases the risk of infection!). Ideally, you have to make this kind of shopping trip, you should choose to drive to a less populated area out of the city, where gas is also cheap so you can fuel up while you’re out there. It really helps to plan ahead if you can foresee a pandemic coming, ensure you are prepared with essentials and have a plan in place when you return to your safe zone.

The first step in getting outside is having essentials prepared:

- Surgical facemask or something similar
- Goggles or glasses to cover your eyes
- Surgical gloves or rubber gloves
- Tyvek suit or similar contamination suit

It’s also a good idea to have a small “go out bag” like a fanny pack with some essentials to bring along whenever you leave your quarantine zone:

- Small flashlight (just for emergencies)
- Knife, pepper spray
- Lighter
- Travel tissues (for door handles)
- Multi use tool
- Whistle
- ID & Credit Cards
- Phone
- Essential medications
- Hand sanitizer and wipes

You want to cover as much of yourself as you can that might be exposed and could come into contact with someone who is infected and could spread the virus with cough or a sneeze or any surface that might carry this kind of bacteria.
**Step 1:** Wear a surgical mask to cover your nose and mouth to ensure you limit exposure to touching these areas that can easily take on a virus.

**Step 2:** Cover your eyes to ensure you don’t touch them as they are also an easy point of entry for a virus.

**Step 3:** Put gloves on your hands in order to limit skin contact with external surfaces that may have been touch by infected people, or which might have bacteria from infection people.

**Step 4:** Put on Tyvek suit to cover rest of your body and even your hair to limit contact with external sources of virus.

**Step 5:** Seal the opening and connection between Tyvek suit and the gloves with duct tape to seal off completely airtight.

I realize not everyone has a Tyvek suit, or a way to completely seal off before going to do something like a grocery store run. In that case, where whatever protective gear you have (mask, glasses, gloves) and just your regular clothing (but remember, you’ll have to decontaminate this clothing when you return to your safe zone!).

**Safe Grocery Store Shopping**

**Before You Leave**

- Take an inventory of your household items and make sure you write a comprehensive list of everything you want to buy.

  *Remember: you should be going out very infrequently, so if you can plan ahead well, you will limit your number of visits to the store.*

- Make sure you put on and wear any protective materials you have, and even consider wearing a hat so you can tuck your head is someone coughs or sneezes near you.

- Bring your “go out bag” or at the very least some hand sanitizer or wipes
At the Store

- Use sanitizer or wipes and you wipe the cart handle and other high-touch areas
- When you are picking food, use a bag to wrap your hand and pick the items, then wrap it around the item and put it in your cart. **If you touch anything, commit to buying it!** Be courteous and don't touch fresh food items or packaged items you don’t intend to buy.
- Remember: always keep your mask and gloves on, and refrain from touching your face, and of course, keep distance from others
- Pay with tap (credit card or debit card), if you can avoid having to press button on the keypad, that’s better. It’s best NOT to use cash as payment for groceries mainly because it’s been handled too much and there is not really a good way to decontaminate it later, so in this situation, card payment is best!
- If you have to come into contact with door handles, carry travel tissues and use them to protect your hands to turn the handle and then dispose of it. Similarly, you could do the same for elevator buttons, or you could even use the tip of a lighter and then light it to disinfect. You can check out how to make this here: https://www.youtube.com/watch?v=IaWJHSVss10
- If you’re at the store only to do a food pick up (using a service where you pre-ordered your items and you’re just there to pick up the order), just ensure that you open the door to your trunk or car for the delivery person to avoid having them touch anything.

After the Store

- When you get out of the store, remove gloves before you enter the car (ideal technique is noted later in this chapter).
- Sanitize hands, steering wheel and stick sift if you have one
- If you need to drop of supplies to a friend for emergencies only, use the same precautions as when grocery shopping. Leave the package at their door, knock
and leave. Call or text them when you are safe in the car to make sure they received them.

**Food Delivery Options**

There are some grocers and chains that do offer direct to home delivery of groceries, which is a tremendous convenience during self-isolation. Even in this scenario, remember the following:

- Avoid direct hand-off, ask them to leave items at your doorstep or a place nearby
- Ask for delivery times earlier in the day, that way the drives would have had less contact with people
- Delivered food is safer than going in-person, so if it’s at all available to you, try this out!

For those that did have to venture out to shop, upon returning back to your quarantine zone you should:

- Remove duct tape sealing the suit to gloves and then remove the Tyvek suit, facemask, goggle, gloves and throw them away
- Once you enter your home, remove all of your clothing and any articles that went outside with you and bag them (you can launder it inside with detergent and warm water)
- Wash yourself with soap and hot water
- Try not to touch any household surfaces while on your way to wash and clean, or if you touch anything make sure to clean with sanitizer or antibacterial spray.

**PRO TIP: Proper Glove Removal Procedure**

*Properly remove gloves by pulling them inside out and rolling them so the possible bio-hazard virus never touches your skin.*
Food Cleaning Procedure

Whether you went out to shop, or had your food delivered to you, you should follow a cleaning and decontaminating protocol to bring your food into your home:

- First thing, wash your hands for at least 20 seconds
- Wipe nonporous containers with sanitizing wipes or spray — wipe down containers like glass or plastic
- Put away all groceries
- Wash produce thoroughly with soap and water; wipe down all plastics with sanitization wipes or cleaner
- Wash counter and other surfaces you’ve touched with soap and water or with sanitizing spray
- Throw away any plastic bags you brought in, or wash any cloth bags that were used
- Wash your hands again

Other Delivery Handling Procedure

If you’re having something other than food items delivered to your home, try to maintain the same kind or thorough process or procedure to ensure your own safety and that of your family:

- Make sure they delivery person leaves the package outside of your home, knocks and just leaves
- Prepay and duties or delivery charges, don’t exchange cash or pay with cards on the spot (remember, you want to avoid human contact!)
- Place the box on the counter and open the bag to reveal the contents
- Wash your hands thoroughly
- Remove the items from packages one by one disinfect them with chlorine or hand sanitizer
• Throw away all packaging and disinfect counter and any other surfaces you may have touched (sink, door handles, light switches etc.).
• Wash your hands again

I know the quarantine protocol probably seems like a lot, but it’s the best defense against this harmful virus and will offer peace of mind not only to your but to your family as well.

**Limiting Exposure**

At present, one of the best precautions that can be taken are some fundamental, no nonsense tactics to ensure you limit exposure as soon as you can. That includes:

• Avoiding contact with those that are sick and infected
• Avoiding locations where known cases have been cited in your city or town
• Keeping away and quarantining yourself from others if you are sick
• Covering mouth and nose when coughing/sneezing (tuck into your elbow to do this, don’t use your hands as it spreads germs way too easily!)
• Washing your hands frequently and always before eating
• Avoiding touching your eyes, nose or mouth
• Regularly disinfect household surfaces
• Wearing a mask and googles at all times

*(masks N100 or N95 or full-face masks)*
How to Wash Your Hands Properly

Make sure you and your loved ones know how to wash hands effectively to ward off germs and virus. Remember the following steps every time you wash:
And don’t forget, before you wash your hands, never touch your face (eyes, nose, mouth). If you have to, only do this after hand washing.

**How to Make A Mask If They Are Sold Out**

When there is an actual pandemic, there are often cases noted of facemasks being sold out in cities all over the planet. Demand is high, and supply is dwindling faster than they can be made. So, if you cannot get your hands on one of the suggested face masks, you can make your own.

**Step 1.** Get two pieces of fabric (cotton or something similar will do just fine). Fold each piece of fabric in half and copy a pattern like what is shown in figure 1. Cut out the fabric. You should end up with 4 pieces of fabric, all matching the shape of **fig. 1.**

**Step 2:** Take two of the pieces and flip them so that they are symmetrical (mirror image of each other). Put one on top of the other, similar to **fig. 2.** Sow on the section that’s shown in yellow. Repeat with the remaining 2 pieces of fabric. You should end up with 2 pieces of fabric that match the shape of **fig. 3 and 4.**

**Step 3.** Sow the two “masks” that you made together (you’re creating a 2-layered mask.
Step 4. Add strings that tie, or elastic to the edges of the mask so it can be pulled around your ears.

You’re done! Now you have a double-layered, homemade facemask!

Decontamination

In event of external exposure of having to go outside your quarantine zone, it’s important to have a few things in place in order to decontaminate yourself or objects that you need to bring back after exposure to the outside world. First, you might want to consider making a small decontamination area in your home if you are entering back in after being outside – this would just be a zone where you could ensure to clean and purify everything before you enter back into the safety of the rest of your home. Most will just warden off their entryway or mudroom with an extra plastic sheeting that is sealing in the area all around the walls to the floor, and several layers of plastic to create a few layers of barrier between the external world and the internal space of your home.

Some things that will be critical for this process:

**Bleach:** You’ll want to clean and decontaminate all the items that were outside, or anything that you don’t burn away. In order to do this, you’ll need a potent cleaning agent like bleach. So, make sure to stock up on lots of this as part of your survival kit. But don’t worry, if you run out, you can actually even make your own.

I’ll teach you how in Chapter 6, so don’t worry, I have you covered!

**Ozone Machine:** In the event that you have and continue to have power through a major pandemic, it’s not a bad idea to get your hand on an ozone machine. So you might ask, what exactly does an ozone machine do? Well, Ozone generators intentionally produce the toxic gas ozone and are sold as air cleaners for commercial and residential applications. Specifically, they are advertised to deodorize, disinfect, kill
or remove dangerous or irritating airborne particles in indoor environments. You don’t want to be running this for long, but if you have an areas that’s cordoned off like noted earlier, it’s a good idea to run the machine for some time to ensure that area is decontaminated of airborne particles that could put you at risk, and could be transmitted into the rest of your dwelling.

And with that, I can move into a little more practical things that you can do in your preparation. Later in this chapter, I’ll cover some critical items you’ll want to include in your survival shopping list, but first, let’s talk about some of the social and emotional ground rules that will help you survive a quarantine.

**Social Ground Rules to Surviving a Quarantine**

During most pandemics, there is a degree of social isolation that must occur from the outside world, what is known as social distancing. While this is true for people external to your home, you’ll find yourself in a slightly different situation with your family or anyone who you co-habitat with! While you’re probably used to spending lots of time with these people, the strain of a quarantine and inability to freely leave your home whenever you want can be difficult not only on you, but also on the relationships with those around you.

In general, forced proximity is a big challenge for most relationships. Remember to stay positive and remember this situation will pass! You should continue to be truthful and listen to those around you and their needs as a quarantine environment can be stressful and cause anxiety and strain even in the best of times.

**Keep the Four Horseman At Bay**

John Gottman, renowned therapist of *Blink!* Proved that the greatest danger to relationship harmony was allowing one of the following toxic behaviors to fester:
1. **Criticism**

This refers to finding fault in your partner’s or your family’s character. Rather than having a rational basis, you frame the cause of a disagreement as due to a deficiency in the other person (e.g., “You’re so stubborn.” “You never try to understand me.” “You just don’t get it.”) Understandably, this comes across as an attack, and emotionally riles up the person on the receiving end.

2. **Defensiveness**

This is expressed as an attempt to protest against a perceived injustice. The most common expressions of defensiveness are adopting a victim mentality and counterattacking. The former exasperates, the latter escalates.

3. **Stonewalling**

This occurs when one listener mentally withdraws from interaction. It’s basically an abandonment of any attempt to repair the situation. Common signs are no/mносyllabic responses, not appearing to be listening, avoiding eye contact, and arm crossing. Stonewalling sends a strong signal to the other party that you don’t care enough (about their feelings, about being in relationship with them) to fight through the discomfort of the moment.

4. **Contempt**

This refers to the feeling or expression of resentment towards your partner or loved ones. This is the worst offense: its presence is the best predictor of divorce/break-up. Once contempt is present in a relationship, the parties see each other’s qualities and motives in a negative light by default. When you feel contempt, you feel the other person is ‘below’ you, oftentimes undeserving of you. It’s a very difficult mindset to reverse once it’s ingrained.
You’ll want to avoid these four triggers to ensure you continue to have healthy relations with those in your home or whomever you are quarantining with.

Remember, it’s hard to tell how long a quarantine might last, so fostering good relationships is really important, because, after all, you’re stuck together!

The #1 thing is good communication

- Be clear about your needs
- Arguing is normal, but DO NOT let them fester
- If an argument lasts all day, ask each other for forgiveness before bed
- Learn how other communicate/echo what their needs are
- Give people respect
- Give people space and alone time, some people need this to recharge
- Compliment, praise and thank each other to bring about positivity
- Remember to get outside daily
- Don’t forget to laugh
- Most importantly, get everyone to take a moment each day to remember what their grateful for. Practicing gratefulness helps to foster feelings of happiness and joy, and really helps put things in perspective.

Anxiety Reduction Techniques

In addition to maintaining healthy relationships with your family, it’s critical that you also take care of yourself. You’ll want to make sure to keep a good check on your emotional and mental health. There are techniques you can follow to help reduce general anxiety and stay calm using ninja psychological techniques in any situation, no matter how bad it gets.

A Few Tips To Staying Calm

- Turn off the news
• Go outside and get exercise
• Eat well, lots of fresh fruits and vegetable when you can get them

**Ninja Trick**

4-7-8 Breathing Technique To Melt Stress:

• Empty the lungs of air
• Breathe in quietly through the nose for 4 seconds
• Hold your breath for a count of 7 seconds
• Exhale through the mouth for 8 seconds
• Repeat the cycle 10 times, 3x per day or as needed

**The Key to Successful Quarantine: Routine**

One of the keys to not going crazy during a quarantine is to maintain a certain level of normalcy in your day as best you can, and a good way to do that is to continue having some sort of regular daily routine.

**Create a Routine**

• Get up at the same time
• Take a shower
• Get dressed
• Do things you would normally do! Have a coffee or tea, maintain your morning rituals (some people pray, read, meditate)
• If you can, you should definitely try to make sure to exercise daily

**Give Your Family (And Yourself) Some Space**

A good way to do this is to create spaces in your house (bedrooms work really well) but some kind of separation so you’re not always together can be helpful in creating harmony and respect people’s privacy.
Embrace purpose and meaning

A self-isolation scenario is a unique opportunity to reframe things in your mind and your overall perspective. Instead of treating it like a chore, embrace this as a time to seek purpose and meaning and what matters to you most. You can do this by adding some basic things to your routine that could help you with this.

- Practice mindfulness
- Visualize positive outcomes
- Write a journal every day

Dealing with kids

Practicing self-isolation as a family and with small children can be challenging, but it’s not impossible! In fact, it can even be an enjoyable experience if you prepare for it correctly.

1. **Create a family plan**
   Have a discussion with the family on what they think the biggest challenges will be? What are the strengths each person has that can help out? Discussing concerns and expectations about the quarantine and what role each person can play can be helpful.

2. **Routine for Children**
   Kids like routine so try to stick to something similar to what they are used to in school, it depends on their age.

For example, for children 0-2, or 2-11 years of age:

- Try to setup a set schedule like school
- Do some activities or learning
- Then go out for recess, some exercise outside
- Do some activities or learning
• Lunch
• Do some activities or learning
• And then end the day with playtime (coloring books, puzzles, boardgames, video games, TV, internet etc.)

For children aged 12-18: At this age they can mostly manage themselves through video games and social media, just make sure you get together for dinner and find some ways to just hangout as a family, maybe go for a walk, play a boardgame or watch a movie.

I know you’re probably thinking, how will I come up with that many activities for my kids to do during the day? Fear not, I’ve gone ahead and aggravated a list of helpful resources that are stocked full of activities and other ideas that you could do with your kinds or have them do during the day. Check out the resources here:

• https://cathyduffyreviews.com/
• https://www.khanacademy.org/
• https://www.deepspacesparkle.com/
• http://www.bbc.co.uk/schools/410.shtml
• http://www.classical-homeschooling.org/celoop/1000.html
• http://www.gutenberg.org/
• http://www.mathgametime.com/
• https://www.storynory.com/
• https://www.stevespanglerscience.com/
• https://newsela.com/
• https://www.storylineonline.net/
• https://www.gonoodle.com/
• http://bedtimemath.org/
• https://www.youtube.com/user/crashcourse/featured
• https://www.brainpop.com/
• https://classroommagazines.scholastic.com/support/learnathome.html
• https://artfulparent.com/
**Tips for the Elderly**

Exercise and forward planning can be incredibly helpful for the elderly so they can adjust to self-isolation. Consider doing light yoga or tai chi to help ease stress and to help relax muscles and gently stretch. Also consider writing down and planning the day ahead the night before so there’s some normalcy and things to look forward to!

**Things To Do During Self Isolation:**

- Binge watch shows
- Clean your house
- Build a garden
- Cook together
- Play games, do puzzles, do crafts with kids
- Listen to audiobooks, podcasts or just read
- Keep a daily exercise routine, it greatly helps relieve stress
- Study, learn something you’ve always wanted to learn, there’s excellent resources for just about anything online
- Call and talk to people on the phone, especially people you think might be lonely
- Limit exposure to watching the news, 20 minutes a day is enough
- Eat well, resist the urge to just eat junk
- Get outside if you can, backyards are the best, but walk on your street if it’s safe and keep your distance from others. Balconies are another good option to get some much-needed fresh air.

If your relationships with your loved ones get strained during this time, there are constructive options to help manage this. If things get really tense, and effective communication tactics are not working well with your loved ones, you can consider online therapy options to help encourage better communication and to help restore a harmonious home environment.
How to Find Essentials That are “Sold Out”

There are a lot of essential items that within a very short time of the onset of a pandemic will quickly become “sold out” through normal channels. You might suddenly find you cannot find some items at your local grocery store, hardware store or normal channels you would buy through online (like amazon, for example).

1. **Order items on AliExpress.com**
   - Consider seeking out essentials you need through international sellers on marketplaces like aliexpress, DHgate or something similar.
   - Essentials like cleaning products, disinfectants, masks and other items that you cannot find locally. (Just make sure they have a good rating and ship by air), but there are tons of essential items available you may not find locally!

2. **Seek Out Other Channels for Essential Items**
   - Consider calling restaurants that were recently closed as they might still have large amounts of food in freezers which you can ask to buy and have delivered to your home.
   - Consider calling local, small farmers who may be able to sell direct to you either for pick up or delivery.
   - Consider seeking out farmers markets or outlets that aggregate raw farm produce, eggs, meat or dairy products that are sold direct to consumers.
   - Consider calling local, small grocers to see if you could place orders over the phone and pick up or have the items delivered to your home for a fee (there are lots of smaller grocers that don’t have online presence, but would probably be more than willing to take your business over the phone and enable payment over the phone even, and fewer people will be vying for this service so you can get most, if not all, of what you want)
   - Barter with neighbors for various food and essential items.
3. **Improvise Common Items**

   i. **Food** – Grow your own
   
   ii. **Water Filters** - [https://www.youtube.com/watch?v=ICYNtiU7r6I](https://www.youtube.com/watch?v=ICYNtiU7r6I) (more on this later in this chapter)
   
   iii. **Toilet Paper** – pickup free newspapers if the situation gets dire!
   
   iv. **Face Masks** – make your own (see instructions earlier in this chapter)
   
   1. List of good household materials for mask making:
      
   
   2. Tutorials to make masks (if the instructions earlier in this chapter were not clear enough for you):
      
      [https://www.youtube.com/watch?v=pJaVBt8q6q8](https://www.youtube.com/watch?v=pJaVBt8q6q8)
      
      [https://www.youtube.com/watch?v=VcQ69_ANsRA](https://www.youtube.com/watch?v=VcQ69_ANsRA)
      
      [https://www.youtube.com/watch?v=DqlmDf6_hsY](https://www.youtube.com/watch?v=DqlmDf6_hsY)

3. Reuse masks by sanitizing them with hydrogen peroxide.


**v. Hand Sanitizer**

Make your own hand sanitizer with a few common household items.

Learn how here: [https://www.youtube.com/watch?v=bUp-wnLT6ew](https://www.youtube.com/watch?v=bUp-wnLT6ew)

**vi. Disinfectant**

Make your disinfectant with a few common household items.

Learn how here: [http://tacticalintelligence.net/blog/how-to-make-chlorine.htm](http://tacticalintelligence.net/blog/how-to-make-chlorine.htm)

**Acquiring Testing Kits**

There has been a lot of panic in the news regarding getting testing kits for the virus, and there’s so much demand that there is worry that they are even out of stock, but you
need not worry, I have gathered some critical information on this for you should you find that you need it for either yourself or a loved one.

First, you'll need to try to get an online doctor to get a diagnosis based on your symptoms.

Here are some online doctor options:

- [https://www.amwell.com/](https://www.amwell.com/)
- [https://www.teladoc.com/](https://www.teladoc.com/)
- [https://www.doctorondemand.com/](https://www.doctorondemand.com/)
- [https://www.tytohealth.com/](https://www.tytohealth.com/)
- [https://www.md_live.com/](https://www.md_live.com/)
- [https://www.steadymd.com/](https://www.steadymd.com/)
- [https://www.khealth.ai/](https://www.khealth.ai/)

You can then order an online test through one of these providers:

- [https://www.everlywell.com/blog/categories/covid-19](https://www.everlywell.com/blog/categories/covid-19)
- [https://www.lemonxscan.com/](https://www.lemonxscan.com/)
- [https://www.nurx.com/coronavirus-testing/](https://www.nurx.com/coronavirus-testing/)

**Comprehensive Pandemic Supply List**

So, a virus is spreading and you know it’s going to just grow exponentially. Get prepared! Start by getting all the items in the Pandemic supply list so that you’re stocked up and ready for anything.

**Pandemic supply #1: Pandemic Mask.**

One of the most basic things you can do to prepare for a pandemic is to stock up on an antiviral mask. It's inexpensive and effective. Another reason to wear a pandemic mask
in crisis is to have a constant reminder not to touch your nose and mouth to avoid contagion! The first line of defense, a pandemic mask helps reduce the risk of spreading germs, as with the swine flu, common cold or a bird flu pandemic.

**Pandemic supply #2: Goggles.**

The purpose of goggles is to help you prevent droplets from entering the cavities of the eye. You'll want to wear goggles during a pandemic, for example, if you're the designated person caring for the sick in your home. If someone in the family has been exposed to the virus, you'll use these goggles. Or in extreme cases if venturing out in escape to your bugout location.

**Pandemic supply #3: Duct tape and drop cloths.**

Duct tape is a favorite of supply items for the prepper as it has both a value in outdoor survival for improvising and it can help around the homestead. Duct tape is a survival tool. During a pandemic, preppers must consider quarantine as part of their pandemic response plan. Use duct tape to seal off windows and doorways.

**Pandemic supply #4: Gloves.**

Nitrile exam gloves are standard practice in the medical industry: even for CPR trained individuals who are instructed to put on the gloves before helping an individual who has fallen. Keep the gloves inside zip lock bag to keep the gloves clean of bacteria and dirt. The care in wearing gloves is that you realize anything you touch with the gloves will then be contaminated as your hands would have been.

Wear pandemic gloves during times of crisis to:

- Take out the trash.
- Do the laundry of someone sick.
- Caring for sick individuals.
Pandemic supply #5: Tyvek suit.

Pandemic preparedness includes getting a Tyvec suit (also known as a chemical suit). Buy one for every member of the family and then some for unexpected guests or for new exposures.

Pandemic supply #6: Antiseptics.

What’s the difference between an antiseptic and a disinfectant?

Antiseptics apply to the skin (while a disinfectant applies to surfaces and not skin). The best antiseptic is good old-fashioned soap and water, but for when this might not be available, you'll need antiseptic wipes.

Antiseptic wipes and hand sanitizers will help you control exposure and help minimize the risks of pandemics on your hands; however, unless you’re wearing gloves it may be too late if the virus has made contact with your skin. Other points of entry to the body include entry through nasal passages, eye and ear cavities, as well as contact through the genitals.

Pandemic supply #7: Soap, sanitizer, disinfectant.

As mentioned above, a disinfectant applies to surfaces (and not to the skin). A disinfectant is a chemical liquid that destroys bacteria, viruses and fungi. A sanitizer performs the same function; however, it is generally safe for food handling. Both kill bacteria and both apply to surfaces. Stock them all: soaps, sanitizers and disinfectants.

Pandemic supply #8. Thermometers.

Fever is a symptom of many kinds of pandemics. There are many kinds of thermometers you should stock for different circumstances:
**Analog thermometer:** An analog thermometer can help you during an Electro Magnetic pulse (EMP), or simply when your batteries drain from digital thermometer.

**Disposable thermometer:** Have disposable thermometers handy in your bugout bag (not in a car as heat can ruin them).

No-touch thermometer. No-touch thermometers were used extensively in Ebola-stricken countries.

**Pandemic supply #9: Medicine.**

Ensure your prepper's medicine cabinet is well stocked! You'll need to ensure you have pain relievers, fever relievers, cough suppressants, anti-diarrheal medications. When a pandemic hits, these supplies will be the first to go.

In the case of this virus, you’ll want to note the following:

- Tylenol only, NOT Advil, Motrin or anything with Ibuprofen as these have been linked to addition complications with this virus
- Mucinex (Over the counter medicine for chest congestion)
- Saline Nasal Spray (Natural relief for nasal congestion)
- Hydrogen peroxide and empty misting bottle (preferably glass)
- Bandages and gauze pads of various sizes & medical tape (For small accidents so you can avoid the hospital)
- Vitamin C
- 1 Bottle of BioDefend Supplement for each member of your family (more on that in Chapter 5)
Pandemic supply #10: Electrolytes.

Ensure your overall prepper supply list includes plenty of emergency drinks on hand, including the ingredients and recipe on how to make your own electrolytes in the event you run out of emergency drinks.

Pandemic supply #11: Facial tissues.

As with toilet paper, a prepper can never stock too much facial tissue in the name of preparedness. In a pandemic situation, you'll want to have a receptacle ready for disposal of facial tissues to help limit the cross contamination. To remove the bag itself, you'll need to use your entire protective gear Tyvek suit, goggles, mask and all to collect the bag and place it into a biohazard bag.

Pandemic supply #12: Bio-hazard bags.

How is a bio-hazard bag different from an ordinary trash bag? You won't want to skimp! A bio-hazard bag provides a high density isolation liner to provide maximum film strength for tough applications. They also feature star seal bottoms which allow equal weight distribution and leak resistance. Additionally, bags are red to indicate use for infectious waste or hazardous waste to warn others.

The red infectious waste bags, right, are for the contagion that you'll want to burn to help stop the pandemic.

Pandemic supply #13: Diapers (adult and kids).

Family members of cancer patients can appreciate more than most the necessity for adult diapers when sickness strikes. Containing the mess resolves the unsanitary conditions and reduces spread of disease.
Cloth diapers serve as a first aid item for stopping bleeding, and you can use them to clean up vomit or provide a cool water compress for a fever. Learn more about the usefulness of cloth diapers in prepping with kids.

**Pandemic supply #14: Vomit bags (emesis bags).**

Single-use emesis bags, by Medline will help with sickness cleanup. Used by Kaiser Hospitals, this product is extremely hard to find.

**Pandemic supply #15: Laundry detergent.**

You'll need to sterilize bedding or throw it away. Washing laundry on the sanitary (deep clean) setting is imperative. In the old book Velveteen rabbit, the little sick boys' things were burned. It's not a bad idea in modern times to get rid of the problem by burning if all other means of sanitation are not available.

**Pandemic supply #16: Portable radio.**

As with any massive catastrophe, your list of pandemic supplies should include communications. A portable radio might just save your life!

**Pandemic supply #17: Water filtration system.**

Water could also produce contaminants worthy of a pandemic. Even if the water is not the cause of sickness, the fact remains that the entire water supply could be stopped if the population is not able to work and ensure the municipal water supply operates properly. A cutoff of the water supply would be uncertain doom and devastation. Having a means to filter water would put your survival at better odds. Get your water storage system in place now while there is still time.
Pandemic supply #18: Supplies for your pets.

If you have any pets, we all know they are like a part of the family! Don’t forget about them, make an emergency kits for each of your pets, and include some essentials like the following so you can take good care of them:

- Extra leash
- Pet carrier for smaller dogs
- Pet food (at least 3 month’s worth of dry or canned food)
- Collapsible food and water dishes
- Copy of vaccination records
- Medications and basic pet first aid supplies
- Photo of your pet and with you and your pet (can be used for identification if your pet is lost)
- Keep everything but the food in a waterproof bag or backpack
Chapter 5: Boost Your Immunity

I’ve spent years working in the intelligence agency and have insider knowledge about what you can do to protect yourself in the case of a deadly outbreak. One of the best starting points if you are healthy is to boost your immunity so that you can stay that way. This is one of those simple things that a lot of people overlook when they panic, they focus only on limiting exposure to harmful toxins or viruses and not at all on strengthening their bodies so that they can fight off infection. This is one of the tried and true protocols of the army, National Guard and many other agencies – they always make sure their people are in the best shape to handle external threats. You may ask, well how do you do this exactly? How can you boost your immunity or strengthen your system against viruses or illness? I’ll tell you exactly how to do this in this section so that you can stave off harmful illness and share this important information with your friends and family so they can too! Let’s dive in.

Eat Healthfully

The first step to boosting your immunity starts, perhaps not surprisingly, with eating the right types of foods. The key is to eat a wide variety of fresh and natural foods: specifically, you should try to eat fruit and vegetables from every color of the rainbow. By selection foods that are an array of colors, you’ll be getting tons of heath and immunity boosting vitamins as well as nutrients that your body needs to start strong.

Building and maintaining a healthy diet and eating healthy over time ensures that you build a strong immune system to protect yourself from infection and disease. So, if you’re not doing it already, start doing it now! Shop for natural, healthy fruits and vegetables, try to buy organic if you can get access and can afford it. Organic fruits and
vegetables are not sprayed with harmful pesticides and chemicals that can wreak havoc on your immune system and have other unknown effects

If you cannot buy organic, just ensure you do a simple vinegar soak of all your produce when you get home and it will help remove any topical debris and chemicals that may have been sprayed on your produce.

**Vinegar Soak for Non-Organic Produce**

- Fill a basin or your sink with cold water
- Add ¼ cup to ½ cup of white vinegar
- Put your produce in the water for few minutes and move around a bit to ensure its covered or fully immersed
- Remove and wipe clean to dry

You should do this with all food that you would eat “skin on”: apples, pears, carrots, potatoes, zucchinis for instance. Prepare leafy greens (lettuce, spinach etc.) in the same way, but just don’t do the soak until you’re ready to eat. This will just ensure your leafy greens stay crunchy and fresh for your meal.

Eating to boost your immunity is not only easy, it’s actually so tasty and nourishing. Let’s look at how to re-think your grocery shop to make sure you’re getting the essential vitamins to strengthen your immune system.

**How to grocery shop to boost your immunity**

Grocery shopping for foods that will help you build a super immune system is actually pretty easy. A simple rule can help you when choosing fruits and vegetables at the grocery store or farmers market:

*The more colorful the fruits and vegetables are, the better.*
If you hop over to the produce at the store or farmers market, look for rich and vibrant colored fruits and vegetables. These foods are rich, natural sources of Vitamin C, a critical vitamin that I’ll mention later in this chapter – hint: it’s one of the most vital vitamins to boost your immunity! You’ll want to try to get as much of this nutrient in your diet from your food.

**The following 20 foods are among the richest sources of vitamin C:**

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<tr>
<td>1</td>
<td>Guava, raw</td>
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<tr>
<td>2</td>
<td>Sweet red pepper, raw</td>
</tr>
<tr>
<td>3</td>
<td>Tomato juice (no sugar added)</td>
</tr>
<tr>
<td>4</td>
<td>Orange juice (no sugar added)</td>
</tr>
<tr>
<td>5</td>
<td>Sweet green pepper</td>
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<tr>
<td>6</td>
<td>Hot green chili pepper, raw</td>
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<tr>
<td>7</td>
<td>Oranges</td>
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<td>8</td>
<td>Strawberries</td>
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<tr>
<td>9</td>
<td>Papaya</td>
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<tr>
<td>10</td>
<td>Pink grapefruit</td>
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<td>20</td>
</tr>
</tbody>
</table>

That’s just a short list, and a great place to start getting your nutrients to help you stay healthy. But that’s not all: remember to follow that helpful tip I gave above, there’s lots of different fresh produce you can eat. Focusing on fresh, whole foods helps your body function the way it should and protect you. You’ll want to try to avoid all forms of highly processed foods (junk food). That means no candy, chips, pizza etc. (sorry!) but these foods do nothing to help your immune system and can actually lower your immunity.

**Hydration and Sleep**

Water is super important for so many reasons and especially so when you are trying to stay healthy and virus free. It also helps flush out the toxins bad bacteria make while they are dying.
I want you to set a goal of drinking at least two liters of fresh water per day.

It is imperative that you stay well hydrated during a pandemic. Stock up on water as best you can before it hits, or ensure access to clean water (well water, or water that you could put through a filtration system to decontaminate). The reason why it’s so important to stay hydrated is that dehydration increases the concentration of toxins in the blood. It is vital to maintain a good level of hydration to assist in eliminating byproducts of any illness and help the immune system fight off infection.

In addition to drinking lots of water, you cannot forget about the importance of sleep. It’s another thing that’s often overlooked but it’s critical to being healthy and staying that way.

Under normal circumstances, when your body is not under threat of a virus sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. During sleep, your body is working to support healthy brain function and maintain your physical health.\(^{xxvi}\)

But when you’re in a pandemic scenario, sleep is every more critical to help support your immune system. Now, a study recently conducted by a team from the University of Tübingen in Germany has found a mechanism linking sleep to the functioning of the immune system. The researchers who led this study found that a good night’s sleep can boost the effectiveness of certain specialized immune cells called T cells.\(^{xxvii}\)

You cannot underestimate the importance of maintaining and strengthening your immune system as it’s the first line of defence to keep you virus-free and healthy. Follow my simple tips and you’ll be setting yourself up for success.
Herbs That Boost Immunity Naturally

Another great way to take care of yourself and help strengthen your immunity is by complimenting your diet with some immunity charging natural herbs that will help you boost your system and help keep viruses at bay – or even fight them off. Below I’ll note some of the key herbs you’ll want to focus on adding to your diet and some of their powerful benefits.

**Vitamin C (ascorbic acid)**
This is a water-soluble vitamin well known for its role in supporting a healthy immune system. As an antioxidant, vitamin C fights free radicals in the body which may help prevent or delay certain cancers and heart disease and promote healthy aging.

**Citrus BioFlavanoids**
Bioflavonoids have been used in alternative medicine as an aid to enhance the action of vitamin C, to support blood circulation, as an antioxidant, and to treat allergies, viruses, or arthritis and other inflammatory conditions.xxviii

**Rutin**
Rutin has been shown to have an extensive array of pharmacological applications due to its numerous properties including antioxidant, anti-inflammatory, cardiovascular, neuroprotective, antidiabetic, and anticancer activities.xxix

**Hesperdin Complex**
Hesperidin alone, or in combination with other citrus bioflavonoids is most often used for blood vessel conditions or to support circulation in the body. This herb helps support the function and effectiveness of vitamin C and bioflavonoids through the body.xxx
Rosehip
Fresh rose hip contains a lot of vitamin C, so it shares many uses with vitamin C including preventing and treating colds, flu, and vitamin C deficiencies.\textsuperscript{xxxi}

Moringa Leaf
One of the best moringa benefits is its super immune-boosting powers that help your body cells stay agile and fight germs. Maintaining a healthy immune system is essential for helping our bodies fight off deadly infections and illnesses.\textsuperscript{xxxii}

Elderberry
The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They can help tame inflammation, lessen stress, and help protect your heart, too. Some experts recommend elderberry to help prevent and ease cold and flu symptoms.\textsuperscript{xxxiii}

Astragalus Root
Astragalus is an herb. The root is used to make medicine. ... Astragalus is taken by mouth for hay fever, diabetes, kidney disease, and to strengthen and regulate the immune system. Some people use astragalus as a general tonic, to protect the liver, and to fight bacteria and viruses.\textsuperscript{xxxiv}

Zingiber
Commonly known as ginger, this amazing root has a very long history of use in various forms of traditional/alternative medicine. It has been used to help digestion, reduce nausea and help fight the flu and common cold, to name a few. Ginger can be used fresh, dried, powdered, or as an oil or juice.\textsuperscript{xxxv}
**Wild Marjoram**
Commonly known as oregano, the oil of this plant is now recognized as an active antimicrobial and potent antioxidant that can help safeguard from cold and flu symptoms. It provides natural support for the immune system, defends against infectious bacteria, and fights free radicals.\textsuperscript{xxxvi}

**Allium Sativum**
Commonly known as garlic. Fresh, raw garlic has proven itself since ancient times as an effective killer of bacteria and viruses. Once again, we can thank allicin. Garlic can prevent infection inside or outside the body. Laboratory studies confirm that raw garlic has antibacterial and antiviral properties.

**Amla Fruit**
Amla is an excellent source of Vitamin C, hence it helps boost your immunity, metabolism and prevents viral and bacterial ailments, including cold and cough. Amla juice can be a tad unpalatable but enjoys multi-fold health benefiting properties that will set your frowned faces right.\textsuperscript{xxxvii}
Critical Vitamin Saturation for Immunity

So now that you have a comprehensive list of all the herbs that can be helpful in boosting your immunity, now it’s time to talk about vitamins. Very quickly, one immune boosting vitamin that’s important to add to your daily diet (if you don’t already) is **zinc** – you’ll want to aim for 25-50mg of zinc per day, and it’s a vitamin that’s even found in lozenge format, making is super quick and easy to use every single day.

Beyond that, we get to one of the most important vitamins, one that really does supercharge your immune system more than any other: **Vitamin C**.

Vitamin C is actually just an incredible powerhouse to help fight infection and keep you safe. It contributes to immune defense by supporting various cellular functions that are the foundation of your immune system. “It can enhance chemotaxis, phagocytosis, generation of reactive oxygen species, and ultimately microbial killing”. That’s just a fancy way of saying that it can literally kill infections or threatening germs that are attempting to make a cozy home in your system to make you sick!

Beyond these benefits, there is evidence that Vitamin C deficiency actually results in impaired immunity and higher susceptibility to infections. In fact, infections actually affect the levels of Vitamin C in your body. When you get sick or have an infection, it causes inflammation in your system and this impairs your ability to absorb Vitamin C and utilize properly in the body. *Supplementation and high doses of Vitamin C appears to be able to both prevent and treat respiratory and systemic infections.*

**Vitamin C is one of the biggest immune system boosters of all**

So, if you want to make sure you are not prone to getting sick, or catching some scary virus, you need to boost your intake of Vitamin C. And you need to do it fast. In times of
serious outbreak, you’ll want to get extra protection, and that means you will actually need to increase your intake greatly. This is the best way to ensure your immune system is functioning at its best and fighting off the pandemic threat.

**Take Vitamin C Daily to Blood Saturation**

You’ll need to work to take enough Vitamin C daily to blood saturation. This is different for every person, because it depends on your height, weight and other factors.

Since this is specialized for each person, it takes a little bit of experimentation to figure out how much, exactly, is required for you to protect your immune system.

In order figure out how much Vitamin C you’ll need, I’ve created a simple, step-by-step procedure that you can follow so you’ll know how to do it right. It may take a little getting used to but bear with me – it’s the only way you’ll be able to know for sure that you’re protecting your immunity from harmful germs and viruses so you’re strong and able to fight off the worst.

**You Need to Take Vitamin C Daily to Blood Saturation, 4 SIMPLE STEPS:**

**Take 1000mg on Day 1**

Start slowly with dosing Vitamin C. On the first day, either eat enough fresh fruit and vegetables to make the requirement, or take a reliable, pure supplement.
**Take 1000mg on Day 2**

Double the dose of Vitamin C. Either eat enough fresh fruit and vegetables to make the requirement, or take a reliable, pure supplement.

**Raise Dose Until Flushing Occurs**

Continue raising dose of Vitamin C by 1000mg in the days that follow. Eg. Day 3 to 3000mg, Day 4, to 4000mg, Day 5 to 5000mg. Continue raising this dose until you flush – meaning you begin getting diarrhea and extraction; this means your body is getting to saturation.

**Lower Dose and Maintain**

Once you’ve flushed, you’ve established your peak saturation. Lower from that dose by 1000mg; this should result in a dose that DOES NOT result in flushing. You now have established you daily dose that can spread throughout the day.

That’s it! It’s not all that complicated really to get your immune system in tip top shape, but it does take some work just like anything else. But you’ll know it’s been well worthwhile when your virus-free and healthy in the midst of a pandemic.

But the truth is, I know that it’s tough to eat enough milligrams to get to saturation naturally. In fact, if you look over that same list of high vitamin C foods listed earlier to see the doses, you’ll see that it’s rather hard to eat that much daily:
<table>
<thead>
<tr>
<th>Food</th>
<th>Serving size</th>
<th>Serving</th>
<th>Milligrams (mg) per serving</th>
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<tbody>
<tr>
<td>1 Guava, raw</td>
<td>1 cup, raw</td>
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<td>377</td>
</tr>
<tr>
<td>2 Sweet red pepper, raw</td>
<td>1 cup, raw</td>
<td></td>
<td>190</td>
</tr>
<tr>
<td>3 Tomato juice</td>
<td>1 cup, canned</td>
<td></td>
<td>170</td>
</tr>
<tr>
<td>4 Orange juice</td>
<td>1 cup</td>
<td></td>
<td>124</td>
</tr>
<tr>
<td>5 Sweet green pepper</td>
<td>1 cup, raw</td>
<td></td>
<td>120</td>
</tr>
<tr>
<td>6 Hot green chili pepper, raw</td>
<td>1 pepper, raw</td>
<td></td>
<td>109</td>
</tr>
<tr>
<td>7 Oranges</td>
<td>1 large fruit</td>
<td></td>
<td>97.5</td>
</tr>
<tr>
<td>8 Strawberries</td>
<td>1 cup, sliced</td>
<td></td>
<td>97.6</td>
</tr>
<tr>
<td>9 Papaya</td>
<td>1 small fruit</td>
<td></td>
<td>95.6</td>
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<tr>
<td>10 Pink grapefruit juice</td>
<td>1 cup</td>
<td></td>
<td>93.9</td>
</tr>
</tbody>
</table>

You would have to eat about 10 oranges on day 1, 20 oranges on day 2, 30 oranges on day 3 and so on...just bags and bags of food. I would definitely advise that you consider supplementing with an herbal supplement to help with this process as it would simplify things and ensure you’re getting the Vitamin C you need to protect your immunity.

If you do go ahead with sourcing a nutritional supplement, it’s really critical that you source one that is natural, free of GMOs, pesticides and other harmful additives. You can buy individual ingredients in bulk matching the list of ingredients earlier in this chapter. The only problem with sourcing these ingredients is that it can be tricky to buy them in bulk, and you may need to find a slew of manufacturers, which can be difficult. You can do all that, or to make things easy, we also made an easy solution to get you all the essential nutrients you need in an easy to use format...

**Introducing BioDefend**

I wanted to make sure that my customers get access to quality Vitamin C and other essentials will help boost immunity and so I went above and beyond to create the **perfect formula**. This is an incredibly powerful and balanced supplement that includes all the ingredients I discussed above in the exact right ratios to be effective. I call this...
amazing formula: BioDefend. This incredible supplement is filled with the highest quality ingredients that have been proven to boost immunity and support your body to help fight off harmful germs and viruses.

Why did I spend all that time and effort to do this work?

Well, the truth is that most supplements you buy in your local grocery store don’t use the highest dosages or the highest quality ingredients. That means you pay big bucks without getting all the expected outcomes and that just didn’t sit right with me. I have spent years before this working with the best researchers and manufacturers to create a top of the line, high potency supplement that could help support immunity and boost your system to fight off infection, and it’s now available to you for purchase.
How To Get It

If you did not order BioDefend with your purchase of the Pandemic Survival, you can still get it!

FOR A LIMITED TIME: New customer are eligible for a 30% discount if you order within 7 days of purchasing Pandemic Survival.

Note: It’s made in small batches to ensure potency and quality, so sometimes we run out of stock. It’s best to order as soon as possible so you can stock up and guard yourself from the next pandemic.

YES! Give Me the Discount

www.PandemicSecrets.com/Discount

Now that you know the secret of strengthening your immune system and keeping yourself safe, you’ll be all the more prepared to handle the next threat of pandemic and ensure your health and safety and even the lives of those you love the most!
Chapter 6: Critical Care

So, you’ve learned how to strengthen your immune system, and how to help your body fight off dangerous infection. But what if the worst strikes you or someone you love? What if they catch that scary virus? What do you do now?

Worry not, there’s still things that you can do to help improve the situation, to get to recovery faster or help fight the continuing infection or spread of the virus to others. Let’s get started!

Quarantine the Sick

In chapter four of this book, I’ve already provided detailed information on exactly how to quarantine your home for self-quarantine, and also how to handle both internal quarantine and external quarantine.

If you or a loved one warded off in your own self-contained home before ill or show signs of symptoms, you have already been exposed to each other so you can follow the internal quarantine process and separate the person from the rest in the home to monitor the situation. If you or the person who is infected has not been inside the quarantined home yet, you can follow the external quarantine procedure. It’s critical that the infected person stay away from coming in contact with others in order to squash the potential of infecting other unsuspecting people.

It’s tricky to know exactly if someone is ill already, and it’s tough to tell how exactly to handle a situation with people, especially if you have had to leave your quarantine for any reason, or if you’re considering letting someone who has been outside into the safety of your quarantine.
Critical Questions You May Be Asking

Before I continue on with a critical care routine to help fight off this virus, I keep getting requests for answers to questions from my readers that you might be asking yourself too! So, let’s quickly cover some of those before moving on, so you know exactly how to handle each situation:

1. What to do if someone coughs or sneezes on you?

First, don’t panic! Of course, no one wants to have this happen to them, but if you’re leaving your quarantine there is always risk of infection and if by chance this does happen, just follow this procedure:

- Go home, try not to touch anything
- Wash all your clothes, use the sanitize feature or the hottest water setting
- Do hydrogen peroxide inhalation technique noted in later in this chapter and gargle for 1 min with hydrogen peroxide
- Take a hot shower
- Quarantine yourself from the rest of the family for 14 days

2. What Should I Do Around People Who May Have Been Exposed?

- Stay at least 6 feet from others, if it’s possible
- Don’t touch them
- Always wear a mask
- Make sure they wear a mask (this is important because it’s been shown that wearing a mask is very effective for those who already have the virus, it keeps the particles of water from spreading when they cough or sneeze).
- Disinfect anything they have touched
- Quarantine them if possible (your external quarantine zone is a good place for this)
• Don’t use the same bathroom or other common spaces as there is risk of cross contamination with infected water droplets on surfaces

3. How to Know if Someone At Your Door Is Infected Before Opening The Door?

• Use a laser thermometer through a window to check they don’t have a high temperature or fever
• Assess whether they look like this are sick? Do they look flush/sweaty? Are they coughing or do they look visibly ill?
• If they have a fever or any other visible signs of sickness, it’s best not to let them enter your home

Now that we’ve covered a few key questions I’ve been asked over and over, I can continue on with the steps you should take for critical care of someone who falls ill.

**Water Fasting to Fight Viruses**

Once the infected person has been safely quarantined, they should be stocked up with water and other essentials that will be necessary for them to last through the quarantine period. Ensuring they have sufficient water is critical, especially for the next thing that they will have to do to help fight off their infection: they must begin water fasting.

Researchers have found that refraining from food for as little as two days can help support strengthening and regeneration of the immune system. In fact, fasting for two to four days actually does something else very special: it helps the body to fight infection and “flips a regenerative switch” that triggers stem cell-based regeneration of new white blood cells. This switch is critical when you are sick, this is how you stimulate renewal of the body’s immune system. xxxix

When the body goes into a fasting mode, it rids itself of the parts of the system that might be damaged or old, or anything that might not be functioning to support immunity. So, what exactly is it?
Water-Only Fasting

Water fasting is exactly what the name suggests: you only drink water for the period of the fast. You cannot eat any food, and perhaps most importantly, you must take complete bed rest. Anyone who comes in contact with a virus and becomes infected should follow a water-only fasting protocol as soon as they know they are infected. The effectiveness of the fast does not actually begin until the second or third day. During the first 24 - 48 hours after starting a water fast, the body is still utilizing glycogen: this is basically just the blood sugar still circulating through your system and sugars that are stored in muscle tissue and liver. After those first few days, your body then begins to burn fat tissue for fuel and when that happens your body goes into ketosis (molecules named ketones begin circulating in the blood). While the first few days may be hard, the great news is as soon as you go into ketosis your hunger is suppressed and fasting becomes easy – you just need to get through those first few days. While it seems counterintuitive to fast when ill or infected, it’s actually the best thing you can do to speed up recovery and flip that internal switch to get your immune system boosted because it helps turn the body onto the function of fighting infection.

Water-Only Fasting Do’s and Don’ts

If you or someone you know has been quarantined, you can follow these quick tips to do the water fast:

- Don’t attempt a fast by yourself *
- Do prepare all the necessary essentials – gallons and gallons of fresh, clean, filtered water
- Do rest completely if fasting.

*If you or the person are quarantined, you should ensure they have a 2-way walkie or something similar so that you can keep communication open in case of emergency or if they need any additional items or support.
Hydrogen Peroxide to Stop Viruses

The hydrogen peroxide inhalation method is a popular natural wellness technique touted by thousands of real people to support immunity against viruses, lung issues, chronic coughs and more. It’s a simple system that can be used if you’re having coughing bouts or trying to fight off a virus.xlii

Make A Hydrogen Peroxide Spray

1. Empty out the contents of a saline nasal pump and sterilize the bottle with hot soapy water. Make sure you then rinse out all the soap and clean the bottle because you will be re-using it.

2. Fill the empty, sterilized nasal pump with 3% peroxide and seal the spray cap on to the top of the bottle.

3. Point bottle at the back of your throat and, on a sharp inhale, pump the spray 3-6 times and hold a long as you can.

*Do not inhale the peroxide up the nose! You are merely using the nasal spray bottle because it creates a fine mist, and you must point that into the back of your throat.*

4. Do this 4-6 times a day. If you are trying to get rid of a virus, pump every 2 hours or so.

It should take about 36 - 48 hours to start seeing some beneficial results.

*Note: Before you start this technique, see how little of the peroxide you are actually inhaling by pumping into a teaspoon. It’s a tiny amount.*xliii
Dose High Concentration Vitamin C

Now that the infected has been quarantined, and is prepared to water fast, and has also began hydrogen peroxide spraying, the next thing that they need to do is actually drastically increase their dose of Vitamin C. The previous dosage stated was in order to help maintain immunity, but if you get sick you need to up the dose to slow worsening of symptoms. Now this might seem drastic, but once infection is confirmed the person should take one 1000mg vitamin C capsules every 6 minutes until they feel better and then continue doing this for another three days after all symptoms have subsided.

The water fast and high dose Vitamin C protocol must happen at the same time for best results. Make sure to stock up on extra Vitamin C 1000mg capsule bottles as part of your emergency pack to ensure you have enough to cover just such a situation.

What To Do If Hospital Are Full

In the extreme situation where you or a loved one does find themselves to be critically ill, however the hospital are overwhelmed and unable to find a bed, it’s important to step back and assess the situation. If the hospital is so full that they cannot even get inside, there’s little point in staying there; in fact, it may be less safe standing and waiting around as you risk the exposure of the ill person, but also anyone else who is accompanying them to try to help or support. In this kind of event, consider the following steps and safety precautions:

- Go back home and self-quarantine the person safely either in your external quarantine area or in a room that is safe and away from others and can be closed off safely.
- Lock yourself or the person in a room, and put a towel at the bottom of door.
- Use a private bathroom if possible, if not sanitize and scrub toilet after each use to ensure no one else becomes infected.
• Have someone bring you food and water to your door, knock and then leave.
• Ideally use disposable plates so they don’t have to pick up, just place them in a bag and throw them out the window if they start to pile up.
• Eat raw fruits only, this will boost your immune system.
• Take high dose vitamin C every day until bowel tolerance (as noted in the previous section).
• Take BioDefend as directed.
• Use an inhaling version of hydrogen peroxide with nasal bottle.

If your symptoms are bad, and you do manage to be hospitalized, it’s important that you still ensure that you make some critical requests of the medical staff with respect to your care, specifically:

• If you are capable, attempt water fasting, if not:
  • Request only fresh fruit for food
  • Request intravenous vitamin C in high doses
  • Request Chloroquine or Mefloquine, Hydrochloride
  • Use all 3 treatments above together. If for some reason the medical staff gives you trouble regarding your request, you can invoke “Right To Try”

*There is evidence of the efficacy of high dose, intravenous vitamin C and the use of Chloroquine or Mefloquine, Hydrochloride to treat this virus, however it’s so early that while effective, this has not been implemented as treatment for all patients. That said, you have the right to request this treatment and stack your odds of improvement by invoking your “right to try”.

See the FDA’s regulation regarding “Right To Try” here:
https://www.fda.gov/patients/learn-about-expanded-access-and-other-treatment-options/right-try
In chapter 4, I’ve already outlined a **Comprehensive Pandemic Supply List**, but here I’ll dive into a list of emergency supplies you’ll want to stock up on in advance so you can make sure you have everything you need in the event of a pandemic.

### Basic Supplies

- Water: 1 gallon per person, per day (3-4 week supply for home quarantine)
- Food: non-perishable, easy-to-prepare items (3-4 week supply for home quarantine)
- Flashlight
- Candles
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries (Similar item available in the Red Cross Store)
- Deluxe family first aid kit
- Medications (30-day supply for prescriptions at minimum) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers (Similar item available in the Red Cross Store)
- Solar power battery charger
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Foil camping blanket
• Map(s) of the area

**Specialty Supplies / Needs**

• Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
• Baby supplies (bottles, formula, baby food, diapers)
• Games and activities for children
• Pet supplies (collar, leash, ID, food, carrier, bowl)
• Two-way radios
• Extra set of car keys and house keys
• Manual can opener

**Additional Supplies**

• Whistle
• N95 or surgical masks
• Matches
• Rain gear
• Towels
• Paper towels
• Toilet paper
• Work gloves
• Garbage bags
• Tools/supplies for securing your home
• Extra clothing, hat and sturdy shoes
• Plastic sheeting
• Duct tape
• Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags
- Kitty litter
- Portable toilets

The lists to prepare for a pandemic probably seem pretty substantial, but if I’ve learned anything in my time in the intelligence community, it’s that preparation is the key to success when it comes to handling a serious threat.

Better to be overprepared than underprepared if, God forbid, you actually have to do a quarantine of your home, or if a serious virus strikes you or someone you love.
Chapter 8: Dealing with Social Collapse

Ok, so what if the worst happens? There is a widespread infection of a serious pandemic. What do you think will happen next? Well, I’ll tell you. Just look at Wuhan, China right now: the entire city has been quarantined. People are locking themselves in their homes. The streets are empty. Access to police and hospitals are limited. There are mandatory curfews in place. Cars are not allowed on the streets. The whole city is effectively on lock down...but that’s just the beginning.

After a few weeks of this, chaos will surely follow; but only once food supplies start running low, and people start becoming desperate. And what’s next? Military lock down, martial law and potentially a complete social collapse.

All the conventions and norms that used to keep our society safe go out the window. Sound like a fantasy? It’s not. Remember what happened during Hurricane Katrina or any other major environmental disaster? At first, no one knows what to do, then suddenly it’s chaos. Looting in the streets, not enough police or medical service. Just absolute mayhem.

What to Do and Prepare Right Now

If you can see the signs coming of what will ultimately be a social collapse or military lock down, don’t ignore it. Prepare yourself and do the following right now:

Get More Food

- Stock up on non-perishable foods asap!

Increasing Your Water Supply

- Get a large bucket to collect rainwater
• Get a simple water filtration system (eg. Lifestraw, zero water, berky filtration system)

**Getting Basic Medical Supplies**

• See comprehensive supply list in chapter 4.

**Getting Basic Hygienic Supplies**

• Toilet paper
• Soap

**Work from home Preparation**

• Make sure you have everything you need to work for an extended period of time from home if possible

**Emotional / Mental Preparation**

• Games, books and other things to do if the power and internet go out for long periods of time

**Weapons Preparation**

• Non-lethal weapons if you don’t already own a gun

**Additional Supplies**

• Candles
• Flashlights
• Batteries

**Finding a bug out location out of the city**

• Reach out to friends or family to see if you could find a remote, safe location to stay in for the quarantine period outside of the city.
How to Interact with The National Guard

If an extreme situation and emergency lock downs of cities and towns begin, we know that the National Guard will be deployed all over the United States to try to keep the peace and maintain order. It’s important that you know how to deal with them in order to keep yourself and our family safe.

Remember the following rules/tips to stay in their “good books”:

- Don’t argue, be polite
- Thank them for their service
- If you made a mistake in something you said or did when you were in their presence, say “I’m sorry and admit minor issues”
- If they want to charge you with something, say “Sorry, if you could let me off with a warning? I would greatly appreciate it. I’m just doing my best to keep my family safe. And if you can’t I certainly understand, you are just doing our best for our country.”
- Always be honest
- Let them do the talking
- Give them a lot of respect & gratitude

It’s easy to get frustrated with individuals coming in to enforce their will upon you and your family, but remember that they are their to protect people and your goal is to create as smooth an interaction and positive result as you can. Under martial law, the National Guard has the ability to enforce laws, and they will be armed, so you want to cooperate and make these interactions positive.
Protecting Yourself in a Martial Law Situation

It’s very likely that if martial law is instituted, there will be great pressure from both the military and the National Guard to disarm citizens. In general this is the case because they want to ensure that chaos does not ensue, but the reality is that if you actually do give up your arms, you’re putting yourself at a disadvantage because those that are smart enough to hide or conceal their weapons are going to be able to protect themselves when it becomes absolutely necessary, while you will not! The second amendment gives you the constitutional right to bear arms, but you don’t want to find yourself in a situation when the military or National Guard comes in to have them take that away from you. So be prepared!

The reality is that not every has or is comfortable owning guns, but if you do are it’s a great thing to keep in a situation that is rapidly changing. In the event that you do have weapons, if you have not already, conceal them while you still can. Here are some tips:

1. **Avoid hiding your guns or weapons in “obvious” spots**
   This means you should avoid locations such as closets, safes, dressers, nightstands. If the military or National Guard enter your home, they’ll find these and confiscate them in no time!

2. **Create “Dummy Caches”**
   A dummy cache is a stash of weapons that is filled with cheap rifles or guns; this would give anyone that was looking for arms the illusion you are disarmed thinking they found all your weapons. It’s basically a stash that you want them to find, this way you still have your primary caches of the weapons you intended to keep to protect yourself.

3. **Stock Up and Hide Your Primary Caches:**
   Hide your primary caches really well. This might mean hiding a handgun or rifle in an air vent or false compartment within the home or grounds immediately
around your home. These hiding spots should not be obvious, but rather difficult to naturally find for someone who is looking for arms. Other concealing options might include having weapons:

- Buried in sealed box somewhere nearby or on your property
- Under patio stones on your property
- Concealed by using magnets and attaching them under your vehicles

4. **Stock Up and Hide Your Secondary Caches:**

Secondary caches are the last type of hiding. These are additional caches of weapons, but they are not easily retrieved. These caches might be located in areas that are nearby (but not on your property). Concealing options might include having weapons:

- Buries in sealed boxes or plastic tubes in the bottom of a lake or a pond with weighted waterproof containers (remember, if you do this, you’ll need to mark this correctly using a map or GPS so you can retrieve this later!)
- Buried in sealed boxes OFF of your immediate property; think about things like somewhere in the countryside, or off some common road you might travel. It should be a place that’s not that commonly travelled by others so you can discretely dig it up and hide it, and also be able to discretely dig it up to retrieve it.

**What If I Don’t Have Guns, What Should I Do?**

If you don’t already own a gun before a situation like martial law or a mass quarantine begins, it might be too late to get one. If you’re not sure, you should check with your local gun shops as they should remain open as they have been defined as essential services in most areas. Remember: in many states in the US, there is a mandatory waiting period to get a licence and get a new gun, so this may delay your ability to acquire a weapon quickly and it might be a factor in your decision as to whether you will
attempt to get one or not. Make sure to look into the gun and licencing laws in your state or county to familiarize yourself and know what to expect.

The reality is, however, if you’re not comfortable with guns and you’ve never used them it’s not really recommended unless you can get some basic training.

The good news is that guns are not the only way you could protect yourself and your family. Other options can be just as good if not better since they’re non-lethal. When this is all over, you’ll still be accountable for what you’ve done after all.

Some alternative options for your safety may include any of the following:

- Get a stun gun (Taser brand is the best)
- Get Pepper spray can or gun
- Cold steel Brooklyn bat
- Replica air pistol (To most people this will look real and they will be deterred, if you need to you can still shoot them and it will be painful, but not lethal.)
- 1000 Lumens+ flashlight to blind people in the night
- Bean Bag Gun

Consider training in self defence techniques while you are in quarantine. A good option to study is Krav Maga. Krav Maga is a military self-defence and fighting system developed for the Israel Defense Forces (IDF) and Israeli security forces. This unique system is derived from a combination of techniques sourced from boxing, wrestling, aikido, judo, and karate along with realistic fight training. Self defence training could very well save your life, and if you’ve got time to spare during a quarantine or martial law situation, you can take the time to learn some critical techniques for when things get really bad.\textsuperscript{xliv}

The Krav Maga Training Youtube Channel offers tons of training techniques: https://www.youtube.com/channel/UCMD_k2IDOQpGU4D8OMyHXVQ
Another simple thing you could do to help aid in your protection during an extreme situation is also adopt a guard dog. Many shelters have dogs available for adoption and not only are they great company during a quarantine, they are also really helpful deterrent of crime. You’re less likely to be a target if you’ve got a big or mean looking dog, so try to pick one that looks threatening. Remember: This furry companion doesn’t actually need to be aggressive or mean though! They only need to look the part.

**Chaos in the Streets**

The next natural step after implementation of martial law is revolt; ultimately when people realize they are trapped, or are going to be trapped in their homes, there will undoubtedly be chaos in the streets, with people trying to stock up on rations and the result will be violence and looting and maybe even worse than that. You’ll want to be prepared. In this next section, I’ll tell you exactly how.

**Prior To Unrest**

1. **Establish pre-determined procedures for meeting with your family, friends or co-workers** in the event of civil and social unrest. Pooling your resources and combining efforts with people you trust will significantly improve your chances of staying safe and secure. In a serious situation of chaos, it may be difficult to make a call, especially on a cell phone. Even text messages often will not go through on overloaded networks, so, make sure your plan does not require using a phone.

2. **Stock up on food and all the essentials noted earlier in this book;** it could literally save your life! This includes essentials like canned or non-perishable food, bottled water and other essentials. This includes things like power needs: if power goes out, ensure you’re well stocked with batteries and even a solar powered generator or battery charger so you can have some limited access to power in case you need it.
3. **Prepare a Get Home Bag (GHB) and keep it in your vehicle.** Most people spend the majority of their waking hours outside their homes, which means that if civil strife strikes, you’re likely going to be miles away from not only your home, but also your supplies. A well-stocked GHB will ensure that you can get home safely. The essentials for your GHB normally recommended include food, water, change of clothes, comfortable footwear (you do not want to walk miles in heels), wind-up AM/FM radio, flashlight, small first aid kit, emergency whistle, paper map, list of emergency contacts (since with the widespread use of cell phone speed dial, most of us don’t memorize phone numbers anymore), extra cell-phone charger, and prescription medication at least for 24 hours.

4. **Download a police scanner application or simply follow your local police on their social media sites with your cell phone.** The police are your best source for relatively accurate information during a case of civil disorder. Receiving periodic updates regarding developments is vital to avoid affected areas and choosing routes where the situation has been resolved. Similarly, you can also check your county’s and city’s website to sign up for “notify” or “alert me” electronic notification system that will send you text and/or email alerts as situations develop.

5. **Invest in a first aid kit,** if you do not have one, with sufficient medical supplies, remedies and your prescription drugs. The bare essentials recommended include:

- Two pairs of Latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush your eyes or as general decontaminant
• Prescription medications you take every day such as insulin
• Heart medicine and asthma inhalers (you should periodically rotate medicines to account for expiration dates)
• Non-prescription drugs (aspirin or non-aspirin pain reliever, acetaminophen (Tylenol), anti-diarrhea medication, etc.),
  • Scissors
  • Tweezers

6. **Have plenty of cash in small bills and change.** In a chaotic situation, ATMs and banks may be closed or inoperable.

7. **Accumulate goods for barter.** When the stores are closed – or the supermarket and hardware store shelves are empty – you may need to get supplies from others that you may not have anticipated. Hence, it is important to have high-demand goods to trade such as food, water, and batteries.

8. **Keep the gas tank full.** In case of an event, you may be stuck in traffic for hours, and possibly run out of gas. The rule of thumb is to never let your tank fall below a quarter tank.

9. **Double check your home and personal insurance policies are valid and paid up to date.** Your personal or business property or assets might be damaged as well, so having adequate insurance is important. You may consider consulting your insurance company(s) to ensure your various policies, such as auto, home, and commercial cover potential losses resulting from an unrest. If you are currently shopping for any policies, note that most insurance companies interpret civil unrest differently, which in turn affects the extent of your available coverage. Therefore, it is wise to discuss the insurance company’s terms prior to an event, in order for you to secure the best possible protection.
During Unrest

1. Away From Home

If you find yourself in the middle of an unrest, your priority is to get yourself and loved ones out of there as quickly and as safely as possible. That said, you need to do this discretely! You don’t want to attract attention to yourself as you are trying to make your departure. If you are on foot, refrain from wearing or having anything visible that may look valuable. You never want to become an attractive target to people who are revolting, especially during a civil unrest. If you are caught in the chaos, there is a chance that you could be confronted and threatened. Your initial inclination might be to engage in a physical or verbal confrontation. However, your most prudent choice is almost always to de-escalate the situation through communication. Try to stay calm, respond clearly, obey police commands and make every attempt to leave peacefully.

2. At Home

If civil unrest commences while you’re at home or close enough to make it back, try following these steps:

- **Get home as fast as you can.** In recent years numerous civil unrests lasted for several days. The easiest way to mitigate this threat is to get home as quickly and safely as possible. You should stock enough food, water and other supplies to ride out the worst of it.

- **DO NOT go out to buy more supplies.** There may be a mad rush of people to the nearest store to buy supplies and fuel. Typically stores sell out extremely quickly, and it is very common for violence to occur as people fight over resources. You should already have your supplies to avoid this scenario.
• **Don’t forget about children, elderly and your pets.** They may become fearful and panicked. Stow away some supplies and comfort items for them as well. For pets, have their food or treats as well as medication on hands. For children, don’t forget to have extra diapers, formula, or if they are older, their favorite food and toys. Finally, don’t forget about elderly neighbors or relatives. A simple phone call (if networks are not overloaded) or a visit to check on their welfare will be appreciated.

**Pro Tip:** *In the essentials list I’ve already noted earlier in this book, you should plan for at least 3-4 weeks of food and water for you and those in your home. But if you’re serious about the potential threat, you need to think long term when it comes to food. This means you could double your original estimates for food and water supply, but you may also really consider the following:*

- Rationing the food you have
- Freezing food that might go bad (if you have the means). If not, then eat that first!
- Farming possibilities (present and future)
- Cattle availability
- Winter rations

**Situation Case Study: What To Do If People Start Looting**

If you’re seeing the unfortunate, extreme situation of looting or robbing in the streets and you’re witnessing this from the safety of your home, you should follow these steps to make sure you protect yourself and your loved ones:

i. Check to make sure all doors are locked
ii. Board up windows and doors if you have lumber and screws
iii. If you don’t have a way to fortify your windows and doors, place heavy objects or furniture in front of doors and windows
iv. If you live in a home with a cold room in the basement, consider making it a safe room, stock with supplies and find a way to secure it shut until looters leave in the event there is a break in

If you are outside of the safety of your home when this kind of situation explodes, be sure to:

i. Avoid large crowds

ii. Always keep your Get Home Bag (GHB) notes earlier in this chapter in your car, if you can also include a weapon (guns, pepper spray, knife) or other items that could act to protect yourself you could do that. For example: a baseball bat, a hammer or other everyday items that you could use for protection

iii. Don’t look like a target, join in if you need to so you look like you are part of the group that is looting, and then try to discretely escape while others are distracted

iv. Never start a fight, or instigate any interaction with others around you in a situation like this

v. Leave hostel area as quick as possible and return to the safety of your car and then to your home

When to Stay and When to Get Out of The City

If things start to really get out of hand in your city or your town, there’s literally chaos in the streets and looting and robbing ongoing and you’re starting to fear for your safety or that of your family, it may be time to pack up and leave get out of the city.

You’re probably wondering why you would do this if you’re in the midst of a quarantine? Well, the truth is, what you don’t want is to become a target. Those who riot or are civilly disobedient are going to be running around and causing havoc; they could break into your home, not only threaten you with infection, but also other bodily harm
because military and police presence will be limited. During this time, you are vulnerable, and you need to keep a low profile at all times. Never call attention to yourself, so you’ll want to prepare to leave you home and go for safety outside of the city as soon as you can. You’ll probably want to plan to do this at night, so ensure you have a plan in terms of where you think it will be safe.

If you have a place out of the city, like a cottage or cabin, this is a great place to go if shit hits the fan. This is especially true if it’s far away from a big city. The farther you are from other people who may be sick or infected, or who may otherwise be a threat to you.

If you don’t have another place, consider keeping camping gear in your car so if you need to you to move away from the city and live off the land until things die down. (approximately 3 months after chaos starts).

Basically, what you’ll want is a good spot to hide, but you’ll also want to make sure that you bring all your survival essentials so you could last there for several weeks. If you can, it’s a good idea to bring a satellite radio too, so you can monitor how the external situation is progressing, and so you know when it’s safe for you to return.

Remember: If things get to this disastrous state, it’s important that you keep your plans under wraps from anyone outside your immediate family, or your safety network of friends or neighbors who you have preemptively agreed to bug out with. Never talk about your prepping with anyone else. No one else needs to know what your family does or doesn’t have in way of supplies or where you are going except for you.

**Key Indicators That It’s Time to Leave NOW:**

- If your government of country is quarantined and no one in your household needs to work
- If there is a total shut down, i.e. power outage, media & communication outage or martial law where you don’t have clear instructions on whether it is safe to be
outside. In this scenario, it’s tricky to figure out the timing of exactly when it would be safe to leave to your bug out location, so you should do the following:

i. If you have a hand crank radio, check that first. Ideally this would be one that has AM/FM and which has a USB charger. Alternatively, if you can afford it, a Midland XT511 hand crank police scanner is also a great option because you would be able to hear reports directly from your local police stations and know how to act accordingly

ii. If you have a garage attached to your home, keep your car inside and load it up with all the essentials

iii. Get your whole family prepared and get them to grab all their essentials

iv. Look out the top windows of each side of your home, do you see any suspicious behavior (for instance any signs of people looting, fighting, military, police in the streets).

v. If coast is clear, get your family in the car and go to bug out location, predetermined meeting spot or just leave the major city and head to small towns at least 2 hours from a major city

_Pro Tip:_ Keep printed maps in case GPS stops working and you need to avoid major roads that may be blocked of by the military.

**Alternative Power Sources**

If you have supplies, stay inside until the power comes back on. Ideally, you would have formed a network of like-minded people that you can rely on before this happens. If they are close, neighbors, friends etc., meet in the same place for addition defense. Most importantly, don’t panic.

There are options for creating some of your own power sources in a critical situation like this, so don’t forget to reference key information on what to do if the power goes out in the bonus book: _Emergency Power, How To Build Your Own: Solar Heater, Solar Cooker, Solar Power and More!_ You can find this book here: [https://psurvival.org/](https://psurvival.org/)
You’ll now never have to fear power outages, as you’ll be able to create new supply with your bare hands and a few household items.

**Access to Clean Water, No Matter How Long the Quarantine Lasts**

So, while it’s critically important to stock up on bottled water as part of your quarantine preparation kit, it’s not feasible for most us to have more than a few weeks of supplies like this on hand due to space limitations and other problems. Also, these provisions really just a preparation – it’s not meant to be a never-ending supply, it’s just enough to get you through a period of a short quarantine or martial law. But what happens if it lasts longer than we all expected? What if we cannot go to the store to get water or other items? Well, in that scenario you really need to prepare yourself to create your own source of clean water and there are a ton of great resources online that talk exactly about this.

Reality Survival & Prepping You Tube Channel is an excellent resource, and you should definitely check out this video here for some helpful tips on how to purify dirty water with pool shock: [https://youtu.be/0Owu1zMhRkM](https://youtu.be/0Owu1zMhRkM)

**Critical Items You Need:**

- **Pool Shock 68%**
  
  Available on Amazon here: [https://amzn.to/2Xu06TD](https://amzn.to/2Xu06TD)

- **Sterilite 1 gallon container**
  
  Available on Amazon here: [https://amzn.to/2C4d8OC](https://amzn.to/2C4d8OC)

- **Plastic Measuring Spoons**
  
  Available on Amazon here: [https://amzn.to/2Xz5q8d](https://amzn.to/2Xz5q8d)
Instructions on how to clean water:

Part 1:

i. First you take 1 level teaspoon of HTH (68% to 73%) and mix it in with 1 gallon of water. (Note: EPA recommends 1 heaping teaspoon to 2 gallons of water.) I find for the sake of practicality it is easier to use 1 gallon and 1 level teaspoon as the base mixture. This will also make the solution slightly stronger so it will do a better job of killing off any nasty stuff in the water.

ii. Mix the solution thoroughly and let it stand for at least 30 mins so that two parts are fully combined.

Part 2:

i. The next step is to take a specific amount of the solution you just made and put it into the water you are trying to purify to drink. The EPA states that you are looking for a 1 to 100 ratio. The amounts will differ based on how much you are trying to purify. See the list below for different amounts.

ii. **SAMPLE:** For the sake of simplicity, I will explain how to purify approximately 3/4 of a gallon here:

   - Take 2 level tablespoons of the solution you mixed and put in into one container with 3/4 of a gallon of untreated water.
   - Mix it completely and let it sit a minimum of 30 mins (1 hour with the water is cold or has high turbidity). However, I recommend letting the water sit for 2 hours before drinking (in a survival situation the water may be pretty full of turbidity so letting it sit longer will help to ensure it is fully purified). The added time will also allow the extra chlorine to evaporate.
- After the water has been mixed and has sat for 2 hours take the water and pour it back and forth between the container it is in and another clean container like a 5 gallon bucket 5 or 10 times. This will help to improve the taste and allow some of the extra chlorine to evaporate off.
- Once that is done the water is ready to drink.

**Chlorine Solution To Mix With Untreated Water Conversion Table**

i. 16 ounces (1 pint) of chlorine solution will treat 12.5 gallons of water.

ii. 8 ounces or one cup of chlorine solution will treat 6.25 gallons of water (Note: you can easily round down to 5 gallons and just let it sit longer).

iii. 4 ounces or half cup of chlorine solution will treat 3 gallons of water.

iv. 2 ounces or quarter cup of chlorine solution will treat 1.5 gallons or 5.5 liters of water.

v. 1 ounce or 2 tablespoons of chlorine solution will treat 3/4 of a gallon or about 2.75 liters of water.

vi. 1 Tablespoon of chlorine solution will treat 3/8 a gallon or 1.375 liters of water.

vii. 2 Teaspoons (2/3 rds a TBL Spoon) of chlorine solution will treat about 1/4 of a gallon or approx 1 liter (.9 liters) or water.

viii. 1 teaspoon of chlorine solution will treat approx 1/2 liter or a regular size water bottle (500ml) of water.

Another option to the process above is any of the following:

- Aquatabs Water Purification Tablets, available here: [https://www.amazon.ca/Aquatabs-Water-Purification-Tablets-Format/dp/B077737MBN](https://www.amazon.ca/Aquatabs-Water-Purification-Tablets-Format/dp/B077737MBN)
- Berkey Filters, available here: [https://www.berkeyfilters.com/](https://www.berkeyfilters.com/)
Creating A Continuous Source of Food

You need not fear hunger during a quarantine situation, it only takes a bit of preparation to create a renewal, sustainable source of continuous food for you and your family! You’ll want to reference the additional bonus book in the members area of Pandemic Survival, where you’ll also get access to our food program. See here: https://psurvival.org/food-program/

Make sure to check out Do it Yourself Aquaponics and How to Grow 100lbs of Potatoes in 4sq Feet books for essential information on how you can create a never-ending stream of stored food. That’s right, you’ll get step-by-step instructions on how to create a continuous source of food in small spaces.

Seeds and Growing Materials

Plan ahead by stocking up on seeds for a range of different fruits and vegetables that might be something you could grow in your back garden or some hidden area if you end up evacuating your city. This will give you some of the essentials you’ll need to grow your own food if the situation in the external society completely deteriorates.

Stock up on seed essentials. Some good ones include green beans, zucchinis, lettuce, kale, strawberries, potatoes, carrots, beetroots, cucumbers, spinach. These are just a few you could start with! The great thing about seeds is that the dry packets take up very little space and it’s easy to stock up in case of an emergency or need in the future.

Keeping Warm for Winter

There are number of things, aside from getting a fire going, that you can do to help keep you warm during the winter or during colder months in case of pandemic or emergency.
Staying Warm While You Sleep

- Put a warm hat on - your head loses a lot of heat!
- Use your coat as another warm layer on top of your sleeping bag
- Keep your socks and feet dry. If damp, they might be chilling your feet. Put on clean and dry socks
- Add layers - put on clothing - clean and dry clothes are best
- Drink something hot or warm

Staying Warm During the Day

- Eat something - just a snack, it kicks up your metabolism and your body temperature rises naturally
- Go for a pee - your body is using energy to keep that extra liquid warm
- Tense and relax muscles for a while - the passive equivalent of getting some exercise
- Ensure you cover open areas like windows and doors with heavy fabrics to help retain heat inside your home
- Cozy up with a partner. If you are getting seriously cold, this is the most effective way to get warm. Do this only if you are pretty certain that individual is not infectious (i.e. after the quarantine period of about 3 weeks, they are not showing symptoms still and neither are you, you can take this step).

Staying Warm While You Are Out and About

If you don’t have the option to stay inside and you must trek outside, then try to follow these useful tips:
• Stay out of the wind. Seek out a sheltered spot
• Wear a warm hat
• Build a fire - remember that in the winter, in most places, you can always stop and make a fire (provided you have the means to do so!)
• Drink something hot
• Stay active, but don't sweat
• Put on more clothing.
• If the sun is out, tilt your face towards the sun - you can absorb a lot of heat this way.
• Sit close beside another person.

How to Avoid Untested Vaccines

Like I said earlier in this book, there’s a good chance that someone will come up with a vaccine that should be effective for preventing this serious virus, however, the problem comes in when martial law also enables your government to force vaccinations of the entire population before we have adequate testing and before understanding the potential negative side affects. New vaccines can not only be dangerous, they could be deadly. You have the right NOT to be forced into getting an untested vaccine. Here are some ways you could potentially avoid them:

1. If you have a good history with your doctor, try to bribe them and get a fake receipt. Doctors are used to bribes; they’ve been bribed by the pharmaceutical companies for years.
2. If they setup vaccine stations at major outlines like Walgreens, try to bribe the staff member with a few hundred dollars. Some places will make you pay for the shot first, then give it to you. Pay for the shot, get the receipt and then leave the store.
3. Check if your state allows for Religious or Philosophical Exemptions
In general, you just want to stay clear of getting force vaccinations with unknown side affects, so it’s best to avoid at all cost.

Economic Collapse

Simply put, an economic collapse, interchangeably used with the term financial collapse, is a series of very severe economic conditions. Many survivalists and preppers say an economic collapse is the one thing that they are preparing for, as it includes a number of symptoms that place a risk on our necessary needs, such as food, water, power, and safety. In the case of a global pandemic, this is certainly something that will become yet another threat to you and your family, so you need to know how to prepare yourself.

Learn Simple Economics So You Can Identify Early Warning Signs

There are many things that come into play with an economic collapse and there is an endless amount of warning signs that you will be able to see if you regularly view financial news on the stock market’s performance and the nation’s economy. So, it’s a great idea to start preparing yourself by getting familiar with financial markets and even just basic economics. Doing so may very well help you not only notice an early downturn but will help you identify possible safe havens for your money and economic minefields that you should avoid.

How To Prevent Losing All Your Savings In An Economic Collapse

Remember, the most important things to have at this time is food, water and a safe location away from the city. After that get a stockpile of non-food supplies, you might want to consider also securing the following to address the long-term health of your assets. If you have a lot of investments in holdings, and only have a paper record of these transactions (or in other words, they are basically just online) what will you do if all these systems crash? What if you cannot prove your holdings or the value of those assets after a collapse? If you see the signs of an oncoming collapse, you’ll want to pull
out some of these holdings and put them in physical holdings – something you can retain on your person that will hold it’s value well after the collapse. Consider the following:

- Buy physical precious metals and keep them with you
- Have silver coins, they are good for barter
- Have gold coins if you want to protect large amounts of wealth, it takes up much less space and is always a safe heaven in economic collapse

Move your investments to someone who understands the monetary system, see: [https://newharborfinancial.com/](https://newharborfinancial.com/)

What to do if you’ve been laid off due to economic collapse or uncertainty:

- Apply for benefits right away
- Cut unnecessary expenses as soon as you possibly can
- Find out what payments you can defer (your mortgage, or car payments for instance)
- Tap your network and start looking for work (or seek out new opportunities you didn’t consider before that you may be able to do remotely, like online work)
- While your waiting for a new job, upgrade your skills by taking online courses

**Cash Is King**

If banking systems go down and you cannot use your credit cards or access funds online (because computers are down) what will you do? Having physical cash on hand is buying power that many might lose. I am actually also referring not just to physical money; I am also talking about money you have stowed away in the bank. Whatever investments you have, you are able to quickly liquidate them should you need to and secure physical cash. I would recommend not having investments in anything that takes longer than a week to withdraw. As you have seen in the past, an economic recession
can set in in the blink of an eye and some resources may not be valid for liquidating due to early bankruptcy.

Savings and checking accounts should always carry a certain amount of emergency money as these can be withdrawn quickly. This is much better than having all of your money in a term deposit account that provides restrictions on when you can withdraw your money.\textsuperscript{xlvi}

\textbf{Remember: Preparation is key!} If you can, try setting an amount of cash, especially if you are picking up warning signs of a recession. This amount of money will be able to act as an emergency stash until you can withdraw the money in your account and have your assets liquidated.

At a minimum, you always want to have some kind of cash on hand, consider having at least $300 in cash on hand which makes it easy to barter if you need to:

- 5 x $20
- 10 x $10
- 20 x $5

Keep your money in two places (not all on your person!) in case you get robbed

- The majority should be hidden, and keep around $50 in small change that you can give up if you run into a bad situation

Another thing that’s not a bad idea to stock up on, if you can, are old silver coins or other items that might be of high value in a situation when banking shuts down.

So now you have some insights on how to better prepare for your own financial safety and security during the threat of a pandemic.
Chapter 9: Conclusion

You’ve made a very good decision in picking up this life-saving manual and you’re now better prepared to handle the global pandemic.

You no longer have to live with fear and worry, because now you have the tools to ensure you’re well prepared for anything that might come at you. The information provided to you in this book gives you practical approach to preparation and prevention, and hopefully now you’ll have peace of mind to know that you are doing everything you can to avoid the serious illness.

I’ve given you secret, insider knowledge, tools and protocols that are used by some of the top agencies and militaries on the planet, all from years of experience working on the ground in the National Guard. Now you know about how your government and other agencies react in the event of pandemics, you know how to prepare for all the various kinds of threats this might pose on you and your family.

You now have all the vital information that could help you survive a major pandemic, including how to quarantine yourself and loved ones, how to limit exposure, decontamination procedures and much more.

And you now know why this information is so very critical to you right now. The threat of pandemic is real, and when they it they spread fast, and it could be in your hometown next, you never know. Remember what I said about the other major pandemics? The Influenza of 1918 killed about 20-50 million people. Experts are saying that this current outbreak that’s just started could be devastating:

“Up to 65 million people could die from this major virus outbreak.” xlvii
So, this is not the time to sit back. It’s time to take action and protect yourself and those you love so dearly. And you’re better prepared now to watch for the warning signs: If things so haywire, and there’s chaos in the streets, you now know exactly how your government is most likely to react; how martial law and pressures could be imposed upon you that puts you in a risky situation from which you’ll have no escape – not unless you’re prepared with everything I’ve already talked about in this book.

Now the power is in your hands, you have everything you need to go ahead and prepare yourself for the next pandemic! You’ll be glad you did, and it could save your life of the life of someone you love.
You now have everything you need to help survive a pandemic and keep you and your family safe! Let’s just do a quick recap on the key things you’ll need to do to protect yourself.

First, familiarize yourself with all the content in chapter 4 of this book, including all the supplies and essentials you’ll need to: quarantine, limit exposure, decontaminate (this is all so vital!), how to set social ground rules to successfully quarantine with loved ones, anxiety reduction techniques, the important of daily routine, how to find essentials that are “sold” out and much more!

Second, stock up on all the Emergency Supplies noted in chapter 7 of this book. You’ll be glad you did in case you need them!

Third, boost your immunity by following notes and using all the ingredients noted in chapter 5. Remember, getting high doses of Vitamin C will help strengthen your system and keep you from getting sick, but remember this quick guide:

**Take Vitamin C Daily to Blood Saturation, 4 SIMPLE STEPS:**

1. **Take 1000mg on Day 1**

   Start slowly with dosing Vitamin C. On the first day, either eat enough fresh fruit and vegetables to make the requirement, or take a reliable, pure supplement.
Take 1000mg on Day 2

Double the dose of Vitamin C. Either eat enough fresh fruit and vegetables to make the requirement, or take a reliable, pure supplement.

Raise Dose Until Flushing Occurs

Continue raising dose of Vitamin C by 1000mg in the days that follow. Eg. Day 3 to 3000mg, Day 4, to 4000mg, Day 5 to 5000mg. Continue raising this dose until you flush – meaning you begin getting diarrhea and extraction; this means your body is getting to saturation

Lower Dose and Maintain

Once you’ve flushed, you’ve established your peak saturation. Lower from that dose by 1000mg; this should result in a dose that DOES NOT result in flushing. You now have established your daily dose that can spread throughout the day.

Remember, I’ve also created a one-of-a-kind, premium supplement called BioDefend that can help you with this process. This incredible formula is chocked full of Vitamin C and other essential herbs and vitamins that’ll support a strong immune system and help keep viruses at bay.

That’s it! Now you’ve got all the tools not just to survive, but to thrive and you’ll be happy you prepared and know this was all worthwhile when you are virus-free and healthy during the next pandemic.


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